

JULY 2022

# SEAFORD STRIDERS

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



## *Welcome to the start of another great month!*

*By Bronwyn Ryan*

August is here, the Commonwealth Games have arrived and the Lionesses have made history winning the prestigious UEFA European Women's Championship for the first time.

This month is tough for running with warmer weather, school holidays and family activities all getting in the way of Autumn Marathon training for lots of people. If you need any support with your running plans or training please do reach out to the club via Whatsapp or Email for support (with running plans not childcare!)

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)

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SEAFORD STRIDERS AWARDS EVENING

# 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	TBA	TBA
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...



# 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 or Seaford Beach 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 - Anneka Redley-Cook  
Male 1st - Jeff Young



# Seaford Striders Club

## Secretary

Hi, I am Rick Garcia your new Club Secretary.

I live in Peacehaven, having moved here at the end of June last year to be nearer our family after living in Shrewsbury (Shropshire and some 4 hours' drive away) for 19 years.

I have been retired for a couple of years after a full career with the Army (28 Years) in the infantry (3 Queens and 2 PWRR) where I finished my service as a Quartermaster. I then worked for the Army as a civil servant for 14 years, firstly as key facilities administrator in Shrewsbury Barracks and then for my last 7 years I inspected and advised on the West Midlands Army and Cadet weapons ranges to maintain them as a safe place to train.

I am married to Sharon and we have two grown up girls and two grandchildren.

I have always been an enthusiastic runner since the age of 16 (not many of us running along Hasting's promenade then). I temporarily stopped road running when I left regular army service, but soon hit the roads again once I noticed the gym wasn't keeping my weight at bay.

After leaving regular service I must admit I resisted joining my local running club preferring to train on my own. Then parkrun arrived in Shrewsbury which I was hooked into very quickly and then also to started attend local races where I discovered the world of Running Clubs and what a great feeling of camaraderie came with being a running club member. I joined the Shropshire Shufflers and within a few months was running their Club Championships and a year later I also took a Club Committee role of Club Memberships for 5+ years. I enjoyed helping and giving back to the club and membership.

My running priorities have since changed to focus more on pacing at parkrun (for individuals and on set pacer week times) and at local races from 5K to HM which has allowed me to slow my own pace down thereby letting me enjoy running more (it doesn't hurt as much lol) and try to help others achieve their PB goals. Some years ago, I was asked to become a club Run Leader and more recently qualified as Guide Runner with the EA. I was also a key organiser for our clubs 2 mile relay race (helping setting up, sorting entry fees, doing the results and in my last year as RD).

As soon as we arrived at Peacehaven I joined the Seaford Striders and transferred my First Club Claim as my researched confirmed this to be my local affiliated running club. Sadly, soon after joining I became ill again the treatment causing me to stop running and has done since. Though I have not been able to run for some time or with the club I have managed to regularly help out at my local parkrun, including some RD duties and I am further grateful to be given this opportunity to help out with the running of the club which I hope to do my best for all the membership involved.



# It's Recipe Time...

## Warm Halloumi and Peach Salad

By Nick Farley

Serves 2 as a main

### Ingredients:

- 3 ripe firm peaches, halved & stoned
- 2 tbsp light olive oil
- 250g halloumi cheese
- 3 red chicory, root intact & quartered
- 1 bunch spring onions, trimmed & chopped diagonally into 5cm slices

### For the dressing:

- 1 red chilli, deseeded & finely chopped
- ½ bunch fresh coriander, roughly chopped
- 5 tbsp white wine vinegar
- 3 tbsp clear Greek honey

### Method:

- 1 - First make the dressing: Place all the ingredients in a large, lidded jar or bowl and shake or whisk to mix well.
- 2 - Cut the peach halves into 5 wedges.
- 3 - Cut the cheese into 1 cm slices. Heat half the oil in a suitable frying pan and fry the halloumi for 3-4 minutes on each side or until a golden crust forms. Remove from the pan and keep warm.
- 4 - Add the remaining oil to the pan and fry the peaches over a high heat for 1 minute just to soften and colour them.
- 5 - Now gently combine all the ingredients together and place on a suitable plate or bowl

Serving Suggestion - amazing with grilled turkey or tuna steak!

*Απολαμβάνω*

*Apol am vano = Enjoy!*

# AUTUMN EQUINOX RUN



This is a call for both entries and volunteers for this coming Autumn Equinox Club Races (5K and Junior 2.5K) taking place on Wednesday 21 Sep 2022 and which will replace our more usually held Wednesday Night Striders running groups for that evening. The event is also part of the Club Grand Prix for both Seniors and Juniors, so points are at stake.

This year the race will be based on how a parkrun is run; runners will require a parkrun barcode, when they cross the finish line a position token barcode will be given and then both the runners personal barcode and position barcode will be scanned for later linking in with their stopwatch time position and race entrance details. Details for getting a personal parkrun barcode are provided further below. This will remove the need for issuing and wearing of race numbers and simplify the running of this event.

**Location.** The race will be run along the same route and start/finish point as that used by Seaford Beach parkrun.

Race Administration and the Start/Finish area are the same location just short of Seaford Sailing Club:

Seaford BN25 2QR

50.778890, 0.079863

W3W: <https://w3w.co/artist.forklift.workers>

Turnaround points will be marshalled:

1.25K for the Juniors 2.5K race, this is circa opposite the skateboard park, near a bench marked with a yellow dot & "T".

2.5K point for the 5K race way down the concrete promenade, past the Martello Tower and in the vicinity of the last set of Beach Huts, marked with a yellow circle swell & "SBPR"

Other marshals will be located along route choke points.

**Race Entries.** Race Entries will need to provide their full name, the event they want to enter (5K or Junior 2.5K) and your parkrun barcode Number. Juniors are eligible to enter the 5K if they prefer.

Failure to state a distance then your entry will default to the 5K race.

All entries will need to supply a parkrun barcode.

If you have not got a parkrun barcode then please read the instructions provided further below where a link is provided for you to get one for free.

If you are strongly opposed to providing your details to parkrun then on entry you can request a club barcode to be provided for this events' use and to enable us to link your race position and time for the results.

If you are strongly opposed to providing your details with parkrun to get their Barcode. If race entrants strongly do not want to register with parkrun to get their barcode, then a club barcode (that will work on the volunteer app scanner) can be issued for storing on your phone and scanning when you finish. Please request this option when entering and note that they will not be compatible with an actual parkrun.

**Timings:** There will be just the one mass start with the Juniors Race also lined and slightly separated to the one side for safety.

Volunteers will be asked to turn up from 6.15pm (those at the Martello Tower and beyond might want to take a bike). The List of Volunteers needed is provided further below.

Both Races start together at 6.45pm. Kit can be left around the start/finish area which will be staffed throughout.

**How to Enter or Volunteer.** To enter or volunteer please email the Club Sec at [ssclubsec@gmail.com](mailto:ssclubsec@gmail.com) anytime from now. All emails will be replied to and entry list regularly published via email.

**Volunteers.** This type of event will not be able to be run without the support of volunteers. Below is the list of key volunteer roles that volunteers may specify a role they want to do or will be allocated a role by the Club Sec. Volunteers are needed for the following roles.

Timers x2 Anneka + 1  
will need the parkrun "Volunteer" App on their phone  
Barcode Scanners x2 Sharon G + 1  
will need the parkrun "Volunteer" App on their phone  
Tail Runners 5K & 2.5K can be done on a bike  
Marshal: at the 1.25K reserved for Julie Taylor  
Marshal: at the 2.25K parkrun turnaround point; bike advised to get there.  
Marshal: Outbound Martello Tower guide runners to the left (pavement) around tower.  
Marshal: Inbound Martello Tower guide runners to the left around tower  
Marshal: Barrier choke point opposite Edinburgh Road.  
Finish Funnel Manager  
Finish Position Tokens Issuer

## How to get a parkrun Barcode

<https://www.parkrun.org.uk/register/>

This link is also available from the Club Webpage under the headers: [Races] then [Autumn Equinox] and then scroll down to the "How to Enter" bit.

# Training News

## Group Leaders shout out

We have many of you turning out regularly to lead our run groups, which is a fantastic commitment from our members, and our groups are getting more popular as a result. As autumn approaches, we want to offer training in preparation for the winter season (groan!) for those who are leading, or want to lead, to qualify for the England Athletics 'Leader in Running Fitness' (LiRF) qualification. Some of you already hold a LiRF - or maybe it's lapsed - but there's not enough to go around our groups currently.

So, what does it involve?

- 4 supported online modules taken at your pace. Each is around 1 hr learning - so 4'ish hours altogether - at a time to suit you
- A face to face practical session, and feedback, facilitated by an EA Tutor at the Lewes track in October. This is usually done by filming and uploading your practical element, but the EA have agreed to come to us for this element so we can all get together as a group - which is much better for everyone

You will learn how to plan for, and manage, groups of all abilities and get a load of tips and practical guidance along the way. We will also help you prepare for assessment day  
That's it! You will then be qualified, and insured, to lead any adult group. Then who knows where that might lead.... Coaching perhaps??

*Striders will directly fund your training, so if you would like to become a LiRF, or have questions, please email me directly; [beverlyasheridan@gmail](mailto:beverlyasheridan@gmail.com)*

## Want to improve your 10k time?

We will be launching a 10k development course soon. This is an intensive specialist course running over 9 weeks (introductory week + 8 weeks training) aimed at improving your 10k speed/endurance. Participants will graduate by running the Hove Prom 10k late October.

The course includes;

- Twice weekly coached sessions
- Access to a performance Coach
- Strength & conditioning program
- Race entry
- Individual mentoring from a qualified Coach

There will be a fee for joining to cover costs, and numbers will be limited. The start will be late August/early September. More information will be emailed soon with an invitation to apply for a place.

Watch this space for more info soon!

Coach Bev

# BEWL 15

By Aaron Horner



My arm was finally twisted to do a race by fellow strider (Sarah Hoyle), in the short time I've known her it's safe to say she does like to encourage.

Brighton Marathon 2014 was my last long run event, when I was in considerably better shape, where you have to commit to a date and time and pay a fee, I'm not normally one for committing to this when you can just go and run on your own any day anywhere.

Anyway, I was Picked up by Sarah, Jeff and Ollie and off we went, Sarah drove and I'm not sure if it was deliberate or not but the seat belts in her new motor were strained more than once, she was either testing the seat belts or the brakes.

General conversation was had and I found out the following:

Jeff Young- older than me but looks considerably younger  
Ollie Sprague - starting his 1st job the next day  
Sarah Hoyle - Likes to brake hard

The run was hard I aimed for 10 min miles in the 1st half but got carried away down the downhills and was doing between 8.30's - 9's, by mile 9 I was spent I blame a mixture of the uneven terrain and hills and my uneven pace which then was 10's.

I then remembered previous advice from someone from 2014, which was focus on something in front of you, so I did, they overtook me I overtook them that went on for a few miles until they were off into the distance. At least this wasn't someone dressed as a Chicken like at Brighton Marathon.

Last mile a large hill I had to walk until a top less Jeff (older than me) Young came back to run me in, I did appreciate this but waved him off to find others as I simply couldn't run in with a semi naked man and ran in with a random bloke I got talking to instead.

I finished in 2:23:18 my reward a day glow orange finishers T Shirt, plenty of cake and some good old conversation with some Striders.



Overall, for me a tough run but I did enjoy a majority of the course woodland and Bewl views and who knows I may even sign up for another race soon.

Thanks to Jeff, Sarah and Ollie for making it a nice day and to Jeff for getting the ice creams and Sarah for her driving, I think !



# COUCH TO 5K has been completed!

On Saturday 25th June Seaford Striders' latest Couch to 5k (C25k) group celebrated their graduation by running Seaford Beach Parkrun. The event was the culmination of nine weeks of training, taking the group from walking to a non-stop 5km run.

The 20-strong Couch to 5k group were joined on the parkrun by programme volunteers who helped with pacing, plus other runners from the club. Graduates of the C25k programme have since joined Seaford Striders at their regular Monday track nights and Wednesday night runs integrating as members of the club. Previous



C25k graduates have gone on to run distances from 5k to marathons. The Seaford Striders welcomes runners of all abilities - from social runners to competitive runners.

Running the 5k was a huge achievement for Charlene who said: "I thoroughly enjoyed C25K, and the results were incredible. In 9 weeks I went from struggling to run for 60 seconds to running 5k in less than 31 minutes. Without exception, the Striders were wonderfully friendly, helpful and supportive. I would encourage anyone considering signing up to do so. Thank you Seaford Striders!"

Another C25k participant Ian was delighted with the results of the programme and said: "Thank you Striders for your time and commitment to the programme. The training was fun and a little challenging at times. It really helped to run with a group and gave me motivation to attend each week. The whole experience has been really positive and my fitness level continues to improve having joined the club as a member. I am now running on a regular basis. I have gained a lot over the 9 weeks and encourage you to give it a go".

You will be pleased to know that the Seaford Striders Couch to 5k programme will be back for 2023 with dates being confirmed nearer the time.



By Ralph Jennings

# Drawn to Run

*As titled by Runners World UK Magazine - June 2022*

I'm a newbie to the Seaford Striders family. I joined in May-22, and I'm already telling myself "why did I not join earlier?". I often saw Striders at my local Peacehaven Parkrun, and thought it would be good for me to join a group/team to help motivate my training efforts or just meet new people with a common interest - but my own anxiousness and shy nature prevented me from actually doing anything about it for quite a long time.

I would admire the camaraderie I would see with the team at the Parkruns, but I would just plod along on my own... well not entirely on my own - I have a couple of nice neighbours who help motivate me to get my butt out of bed on those early Saturdays. Thanks Richard (also a newbie to the Strider family) and friend Barry (who doesn't run himself, but is an awesome cheerleader and supporter to the park runners). But even with having a few friends at the Parkruns, I still pined for more social interaction with fellow runners I'd see there each week, notably the Seaford Strider teammates. Running has always been a major part of my life.... from when I ran my first race as a tiny 9 year old over 45 years ago, to my high school cross country running days, my college 'run and party' days, my semi-competitive days in Seattle USA, to my recent "less competitive" but more challenging and adventurous days. I used to run semi-competitively mostly back in the 1990's, but age and health & injury issues have taken their toll and now I run for fun, social interaction, and for the feeling I get when I'm outside enjoying the beautiful countryside and trails we have on our doorstep here on the south coast. I won't lie though, I still have that competitive streak, but I'm just a lot slower so have adjusted how I approach my competitiveness. Lol.



The last few years, which included the pandemic nightmare, has changed my outlook on life and how I respond to the events and challenges that I face. It's this outlook, combined with what has happened with me over the last several years, which presented me with an amazing opportunity to be featured in Runner's World magazine this year, something I'm humbled by, yet also proud. I know quite a few of the team have seen and read the feature article (which was published in their June-22 edition), so I thought it might be good to include a snapshot of it in this newsletter. I've always thought that if a story inspires or motivates just one person, then it's worth telling no matter how personal it is. And this is a personal story about me. I was pleased when Bev and Bronwyn approached me to do a write-up. I thank you two! 😊

The basis of the article, written by renowned health/fitness journalist Lily Canter, is focused on how I dealt with and responded to some major health and injury challenges I've had, notably in the last few years. If you are part of the Striders WhatsApp group, then you might have also seen a bit of another passion of mine, which I started exploring at the start of the pandemic, and that is art - either pencil drawing, making smudges with charcoal or pastels, or throwing paint on a canvas - the latter being my favourite. I'm not an educated or professional artist, but it's something I'm embracing more as an alternative to my first passion, which is running. The title of the RW article is "Drawn to Run, how an indomitable spirit and artistic soul have kept one man running against all the odds". Lol... I do laugh (and turn quite red) when I read that, but it does "paint" the premise of the story.

I moved to the UK from the USA back in 2000 as my job as an accountant took me across the pond. Prior to moving, I enjoyed my best fitness shape when I lived in Seattle and trained with a running club there, and specifically two high calibre women who whipped me into sub 17 minute 5k, and 2:45 marathon shape. My best race being a half marathon I ran in under 1hr 15mins. I'm forever grateful to those girls who inspired and motivated me to do my best, and to the Seattle running club who gave me an identity I needed. However, when I moved to the UK, work and "London life" took over, and my running suffered big time. I only jogged at the local park in East London a few times a week, and that was it - the rest was work hard, party harder.



By 2005 I was a bit lost in life as I didn't have a spark or passion like I had before with my running. It was this year, that a health incident changed me. I came down with pneumocystis pneumonia which nearly claimed my life. My immune system had been so compromised that I basically had none. CD4 cell count was single digit 6, when a normal person's count is 1,400. I always hated seeing a doctor, and always felt like I could self-remedy when feeling ill, but this time it took a friend of mine to notice I had lost well over 2 stone (nearly 25% of my weight), and I severely needed medical help. Within minutes of arriving A&E, I was whisked off to the high dependency unit, and shortly after, I was intubated on a life support ventilator and induced into a coma for several weeks. My body wasn't responding to any of the treatments, and my organs were starting to fail.

My folks flew over from the USA to prepare for the worst. As a last-ditch effort to save me, the doctor decided to prone my position (flip me over), which came with dire risks while being intubated. But within hours of being flipped over, my lungs started to miraculously improve. Within a few days, I had improved enough for the medical staff to remove the ventilator and I could breathe on my own. I can honestly say I always previously took for granted the fact that as living beings we can breathe on our own. I don't know anything worse than the panic of not being able to breathe. Recovery-wise, the rest is history... I had to re-learn to walk after being bedridden for several months, but after watching Paula Radcliffe win the London Marathon on TV while I was in the recovery ward, I vowed to get myself back to running... fingers crossed. By 2008, I had recovered and disciplined myself enough to run a 3:16 marathon in San Diego in memory of my twin brother Rik (who tragically died the previous year), and my biological mother (who passed a few months prior).

Fast forward to recent years, after losing my speed due to age, I embraced the Ironman triathlon in 2015 and ultra-running distances in 2016. Well, I didn't really embrace the Ironman.... I completed it, but my swimming was so bad, I exited the water almost in last place and with just seconds to spare to the cut-off time. Ultra-running has been another story.... I have loved it since the first one I tried - the 128k Transgrancanaria in 2016 - which had 8000 metres elevation gain! I've since completed a handful of 100k+ ultras, the Transgrancanaria 3 times, and also attempted the ultrarunning crown jewel - The Ultra-Trail du Mont-Blanc (UTMB) in Chamonix, France.



In 2018, I was faced with what turned out to be the beginning of a series of additional serious health and injury challenges, that again have changed my life. Firstly, I came down with another bout of serious pneumonia which hospitalised me for another month. Unfortunately, it prevented me from me having a go at my first 100 miler I had planned (the Centurian South Downs Way), as well as curtailing my efforts of finishing UTMB later that year - which I had abandoned my attempt after making it approximately 100k around Mont Blanc. The following year, I signed up for the Centurian event again, only to get seriously injured just before in April that year. A casual walk along the undercliff in Peacehaven, and a trip and fall on slippery algae, I ruptured my quad tendon and broke my kneecap into pieces. Surgery required to re-attach tendon and bolt knee back together, and 8 months recovery and physical therapy, and not really sure I'd be able to run again. However, by December that year, I was back jogging, and even did my first Mince Pie 10 miler!! I even signed up for that 100 miler for the third time - thinking it must be 3rd time lucky!! However, a few days after the Mince Pie race in 2019, I did a 10k training run along the cliffs on a blistering cold windy day. I recall my neck feeling tense and self-manipulated it to feel it pop and release, which at the time initially felt good. But numbingly painful headaches followed for weeks after, and then while I was out on a 15-mile training run through Seaford and Newhaven, I suddenly became really disoriented (right by the radio tower atop the hill in Newhaven) and a knife-like pain pierced through my right eye, and I lost all vision from that eye. I remember I was stumbling around like a drunk, and started to panic as no one was around, but then just thought I must have been super dehydrated.

I sat for 10-15 minutes on the side of the trail, before slowly making my way home. The next morning, I woke up with severe migraines on one side of my head, and my right eye was significantly drooped. A visit to my health clinic, and I was rushed to the hospital with a suspected torn neck artery and stroke. CT and MRI scans confirmed this was the case, and they detected that a blood clot formed at the site of the tear, broke off, travelled up towards my brain, and lodged near my right eye. An aneurysm also formed, and they detected 4 other aneurysms in my neck arteries. So, I was prescribed blood thinning medication, which they suspect will be for life, and was told intense exercise could be potentially fatal if I elevated my blood pressure or pulse too much. Obviously, my fitness crazy world came crashing down.

And then the covid pandemic struck. This is when depression really set in for the first time in my life. I had nothing to give me 'that spark'. Self-isolating due to my compromised immune system, and not-so-favourable track record, I needed something to combat my depression and boredom. Then I found an old set of artists pencils a friend of mine had given me years ago. I decided to give drawing a go to help my mental health. I quickly learned that I had a little talent for art, and I soon realise it could help re-connect me to the running world I missed. I drew portraits of runners who inspired me (notably Kilian Jornet and Scott Jurek), and after posting them on social media, I got overwhelming support from the running community who were also inspired by my story. This is when Lily Canter approached me about publishing a feature in Runner's World on my health and injury journey and how my "ultra-art" was re-motivating me. It ended up being an 8-page spread in the magazine... I would have never guessed I would be a 'centerfold' in a major running/fitness magazine!! (totally red faced now).

In May of this year, I finally mustered up the nerve to join the Striders. And to be honest, I haven't looked back! My health consultants still advise caution, but they encourage me to keep running and exercise, as long as I don't spike my heart rate too significantly or out of control. Being part of the Striders team has allowed me to get into shape where I'm starting to run confidently and more strongly and at the same time keeping my heart rate in control. I'm re-motivated and back to being my happy self! The depression is a thing of the past now, and I look forward to running and socialising with my new Striders family. (well after I resolve this hip/glute injury that has been thrown my way - argh!). 😊

I have recently secured my charity place in the London Marathon on October 2nd. This will be my first marathon distance type distance race since Feb 2019. I'm running in honour of my adoptive father who passed away last December with dementia. I'm also doing this for Martlets Hospice, a local Sussex-based hospice that has been instrumental in helping so many cope with the challenges faced when they, or someone near and dear to them need special care as they prepare for end of life. I am really looking forward to having a go at the London Marathon for the first time. And who knows, maybe another stab at UTMB may not be such a far-fetched idea!



*If interested, you can visit my justgiving site for more information on the charity and why I am doing this event and cause. Plus, you can be eligible for raffles I am holding for some of my artwork - a give-away each month in the lead up to the marathon. Cheers and Happy running!!*

# FINAL RUN COMMUTE

By Ollie Sprague



I would first like to give a warning, I am writing this right off the high of finishing an exam so it may come across as a waffle and make little to no sense, it's a bit of a mess. Also, I know that commuting is not a very exciting part of the day, so I don't mind if you want to skip!! I will write a quick summary at the end if you want the general idea).

When I started college two years ago I realized I do not much like getting the bus from college, I'm not even sure why really. What I do know is that I really love running, so it makes sense to run home, rather than get the bus home and then go running. The only downside to this is that it means I have to carry my very heavy bag. As my Mum says 'it's packed to the rafters'. This run is different though, as I only have exams now so I do not need to carry anything in or home really, so setting off I was already feeling good and light.

Life has been really good for me recently. I am coming to the end of college, which was a time I was dreading as until a few weeks ago I had no job to go to. However, I have now managed to somehow on my first attempt get an apprenticeship at an accounting firm from the 4th of July, so I am now really excited to leave college. I will have 12 days off before entering 'The big world of work'!!!

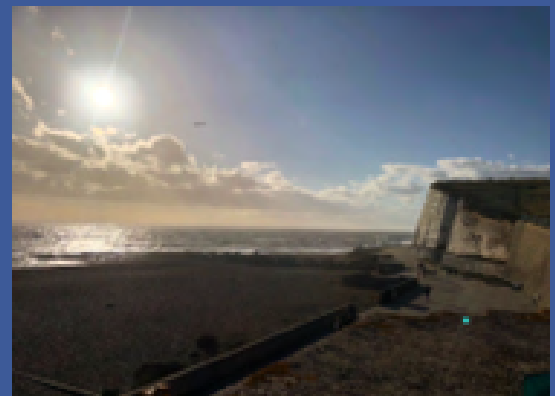
Anyway, enough backstory, I will now talk about running. I had a business exam today, my final business exam as well, so I was already feeling happy. I can now forget everything about business, which I have (Apart from the accounting side obviously). Usually I feel quite tired when I finish college, but I very much had a spring in my step today, and was looking forward to running along the seafront in the sun. Like I said, life has been really good recently! 😊 This spring led me to fall right over though, not even half a mile in. Luckily, I don't think anyone saw, but I really hate blood so I tried to not look at my cuts in case they freaked me out a bit. I managed to really slide across the pavement as well, as I felt myself falling but I thought I caught myself so my legs carried on running, giving me great speed to slide with. Anyway, I felt alright and carried on.

My run then takes me through Preston Park. I really like this area, and it is home to one of my favorite Parkrun's (only behind Peacehaven). It was such a nice day, and it was so nice to see everyone out. After, I run through London Road. This is not the best part of the run to be honest, as it's so busy and there are a lot of traffic lights. I made it to the pier though, stage one of how I break up the journey in my mind complete, and started cruising along the seafront. I even had my Tom Cruise sunglasses on. Rather fitting, Shotgun by George Ezra started playing at this point as well, giving me an even greater spring. From the pier to Saltdean is nice as it's flat, and I can just zone out. Today it was listening to more George Ezra.

From Saltdean is usually a drag, as it's where the hills start and I get a can't be bothered feel about me. Today was different though, and my good energy continued. I managed to get all the way home from my final commute from college feeling good, and knowing I only have two more exams to go.

Anyway, this probably wasn't worth sharing, but I just really loved this run, and thought I would write about it. I am always in a really weird mood after an exam as well, so it probably all came out in this, apologies!

Quick round up, it was finale run home from college and I really enjoyed it.



Seaford Striders  
Awards Evening

4th March 2023

The View,  
Seaford Head  
Golf Club

# REACH US ON



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**Please send your race reports and August articles over by 25th August.**