

SEAFORD STRIDERS NEWSLETTER



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Autumn into Winter

Ahhh yes, running from autumn into winter. Nature's equivalent of slipping on a banana peel and landing face first in a puddle. One minute you're bounding through crispy leaves, feeling like a majestic woodland creature (or at least a somewhat dignified idiot) and the next, WHAM! Winter slaps you with a face full of freezing fog and a gust of wind that seems to go straight for the trousers. Leaves go from crisp to sludge faster than you can shout, "Where's my scarf?!" and every step turns into a treacherous dance on mud that's slicker than a politician's promise. Autumn's gone mate, winter's here and it's laughing at you!

HO HO HO





Victoria Runs the Place

This time I want to thank our fabulous group leaders who are there for you on Wednesday evenings in the wind, rain, sunshine and even sometimes the snow.

We have our six running groups - Poverty Bottom, Splashpoint, Beachy Head, Seafront, Bo Peep and High & Over. These names, featuring local landmarks or a local area were chosen by the run leaders and replaced group names such as Victoria's Group or Jeff's Group. The group leaders also collectively decided on the description of who the group is suitable for, making it easier for new members to decide which group is right for them.

So how do you become a group leader?

As we are an England Athletics affiliated club we are required to comply with the EA guidelines which include having qualified group leaders - in most cases this is the Leadership in Running Fitness (LiRF) qualification. The club pays the cost of becoming LiRF qualified and the decision on who gets qualified is made based on the run groups requirements. Jeanette Wells and Lisa John have recently taken over responsibility for managing the LiRF recruitment and management process.

What does a group leader do?

In simple terms they plan a route and make sure that the group stays together on the run, but that's not all. All the groups have more than one person who regularly leads so they collectively decide who is going to lead each week. Some group leaders like to make sure they are familiar with their chosen route and either walk it or run it prior to the Wednesday run. This will confirm the anticipated route distance and will alert them to potential hazards. Other group leaders use an app to get the route distance, my favourite one is the Ordnance Survey app.

Once the route is decided the group leaders let me know the details for my weekly email. This may include the What 3 Words starting location if is non standard, but it will always include the distance, who is leading and any special notes or instructions.

At the meeting point the group leader will welcome everyone and look out for any new people to make sure they are made to feel welcome. They will mention any special updates such as social events or races coming up and congratulate runners on recent race successes or PBs. They will also check for any injuries or medical conditions that they need to be aware of. A tail runner (or two) will be chosen and after the warm up the group leader gets the run underway. The group leader doesn't necessarily need to lead from the front as instructions can be given on where the front runner should wait or loop back.

The group leader has had some basic first aid training as part of their LiRF qualification and they will carry a small first aid kit along with foil blankets (and spare lights in the winter months). They are dynamically risk assessing the route as they go along, pointing out potential dangers such as holes, trip hazards and overhanging vegetation.

Along with the technical part of being a group leader, a major part is being able to chat with the group and check that everyone is ok. Most groups have a variety of abilities and the group leader will need to check the pace is right for the group on that particular run.

Some routes will include some group exercises such as intervals, meet & retreats, hill repeats or hill trains. The group leaders will brief the group on what is required and check understanding before the exercise starts.

At the end of the run, they may lead you through warm down stretches or encourage you to do your own thing. If there has been an emergency that needs reporting, they will complete the relevant form and get it sent off with any supporting information.

You might just turn up and run on Wednesday evenings, but hopefully this gives you a better understanding of what your group leader does in preparation to make sure you have an enjoyable group run. We have a fantastic team of group leaders and we all appreciate everything you do for the club.

If you are interested in becoming a group leader and want to know what is involved in doing the LiRF training look out for a piece about this in the next newsletter.

COMMITTEE

The Seaford Striders Committee is a dedicated team of volunteers committed to guiding and supporting our club. If you have any questions or need assistance, don't hesitate to reach out using the contact details below.

Seaford Striders Club Leadership

Chair: Victoria Maleski

info@seafordstriders.org.uk

Treasurer: Ralph Jennings

Assistant Treasurer: Karen Feast

treasurer@seafordstriders.org.uk

Club Welfare Officers: Kate Parkinson, Emily Danvers

welfare@seafordstriders.org.uk

Club Secretary & Health and Safety Officer: Kay Crush

secretary@seafordstriders.org.uk

Membership Secretary: Leanne Pearce

membership@seafordstriders.org.uk

Event Directors

Mince Pie Race Director: Nick Farley

Mince Pie Race Deputy: Graham Jones

mincepie@seafordstriders.org.uk

Special Events Support: Julie Taylor

speialevents@seafordstriders.org.uk

Cross Country Representative: Josh Nisbett

crosscountry@seafordstriders.org.uk

Grand Prix Events

Club Grand Prix Coordinator: James Marron

cgp@seafordstriders.org.uk

Sussex Grand Prix Coordinator: James Marron

sgp@seafordstriders.org.uk

Communications Team

Social Media Representative: Lauren Stallard

socialmedia@seafordstriders.org.uk

Website Manager: Katherine Simmons

press@seafordstriders.org.uk

Newsletter Editors: Jo Robinson, Ray Smith

newsletter@seafordstriders.org.uk

Club Team Captains

Men's Captain: Jeff Young

Men's Vice Captain: Gareth Hutchinson

menscaptain@seafordstriders.org.uk

Women's Captain: Amanda Feast

Women's Vice Captain: Anneka Redley-Cook

womenscaptain@seafordstriders.org.uk

Coaching and Training

Junior Coach/Leader: Emily Danvers

juniors@seafordstriders.org.uk

Coach/Track Coordinator: Joel Eaton

track@seafordstriders.org.uk

Couch to 5K (C25K) Organiser: Charlotte Lade

c25k@seafordstriders.org.uk

LiRFs (Leaders in Running Fitness): Jeanette Wells

lirf@seafordstriders.org.uk

Social Team

Social Reps:

Adam Haverly

Ray Smith

Kat Chamberlain

Jo Robinson

Graham Jones

social@seafordstriders.org.uk

Welcome to SoCo

Meet the Striders' Social Committee (SoCo): Adam, Kat, Ray, Jo, Dorinda, Graham and Fabian

We're here to organise a variety of social events throughout the year and ensure there's something for everyone to enjoy. Have suggestions or requests?

Email us at social@seafordstriders.org.uk



My name is Adam.

I've been a member of Seaford Striders since 2017 after graduating from Couch to 5K. I enjoy being part of the social committee as we don't just run, We also have fun! I'm forever grateful to this club for helping me with body and mind in times of need . I've made some great friends and memories through the years and long may it continue!



Hi I'm Kat and this is my wee bio:

I have been a slow runner since 2008 but only in my 2nd full year of being a Strider. I am originally from NE Scotland, a place called Stonehaven which is the birthplace of the battered mars bar and the Hogmanay fireballs!! I went travelling after Uni for a year and also did Camp America. We went all the way to Atlanta, just to go to the Coca-Cola museum! I hate the dark. I love cheesy Christmas films. Apart from running, I enjoy watching rugby, skiing, crisps, diet coke, fizz and talking (hate silence 😊).



Hi I'm Jo.

I joined Seaford Striders in 2022 after completing Couch to 5K. Since then, I've completed four half marathons and I'm proud of every one.

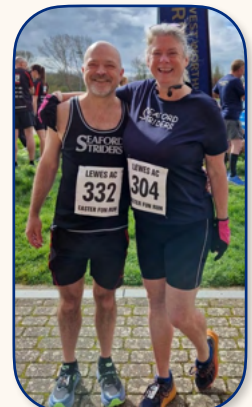
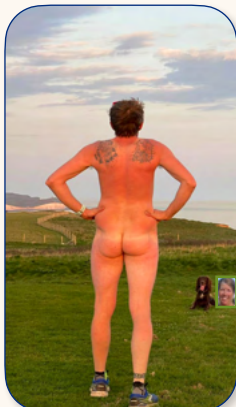
In my past life, I went to art college in Farnham, lived in Poland and Portugal teaching English, sang in a choir and even made music videos. I now pour my energy into newsletters, being a social rep and my love for competition.

You'll often find me in fancy dress, dodging XC mud and making lots of noise. I may not be the fastest, but I'm definitely the loudest!



Hi I'm Ray and I wear flamingo clothing.

I first started running for Seaford Striders a long time ago back in 1987 and have been running on and off for the club ever since. Supremely competitive apparently, love to pass but hate to be passed, love racing not so keen on the running. I do sometimes wonder when it the will end. Co newsletter editor with Jo Robinson, I keep a record of race results and club records and help organise social events.



Quiz Night 5 December 7.30pm

Quizmas is coming!

That's right Striders, it's that magical time of year once again and the annual club Christmas quiz is back!

Where? The Old Boot, Seaford

**When? Thursday 5th December , 19:30pm
(quiz starts at 20:15)**

Who for? Every Strider is welcome!

There will be prizes for the winning team and the best festive fancy dressed man and woman!

We don't just run we have fun!



Awards Ceremony

Seaford Striders Awards Night *11th January 2025*



Don't miss out on the social night of the year!

- Celebrate the clubs wonderful achievements
- Dance till you drop!
- Enjoy catering from "La Maison"
- Dress to impress!

Tickets - £22.50
Released - 01/12/24



Nominations by 4th
December 2024

Awards Ceremony

This is the list of people who have been nominated so far, in alphabetical order

Sam Alvarez	Russ Hewlett	Kevin Pryde
Colin Browne	Rolando Hutchinson	Justine Ridgway
Ollie Card	Pete Jacques	Jo Robinson
Kathryn Chamberlain	Ralph Jennings	Tom Roper
Bryony Clarke	Lisa John	Katherine Simmons
Bronwyn Clare	Trevor Jones	Ray Smith
Matt Clare	Andrew Lade	Ollie Sprague
Emma Cooper	Sue Leppard	Lauren Stallard
Simon Coppard	Judith Linsell	Sandra Standen
Chiara di Corgi	Leanne Litster	Phill Stevenson
Martyn Craddock	Lesley Lloyd	Paul Swinnerton
Kay Crush	Victoria Maleski	Anna Tait
Sue Curtis	Stephen Marsden	Hazel Tarrant
Emily Danvers	Erica Martin	Julie Taylor
James Dopson	Leslie Mayger	Steven Teale
Lucinda Dopson	Sarah McDermott	Zingy Thetho
Dave Dunstall	Lizzie Miles	Paula Tiller
Fabian Eason	Rosie Neill	Austin Warren
Joel Eaton	Gary New	Kathryn Warren
Nick Farley	Jill New	Jane Waterman
Amanda Feast	Josh Nisbett	Jeanette Wells
Karen Feast	Margaret Osborne	Jennifer Williams
Adam Haverly	Lisa Parkinson	Matt Winton
Ron van Heuvelen	Rick Preece	Darren Wymer
	Debbie Priest	Jeff Young

CHESTNUT, SPINACH & BLUE CHEESE EN CROUTE

Recipe submitted by Nick Farley
Serves 6 - 8



Ingredients:

50g butter
500g Leeks, thickly sliced
3 garlic cloves, thinly sliced
240g fresh baby spinach
415g canned chestnut puree
3 large eggs, plus 1 for glazing
½ nutmeg, finely grated
200g pre cooked whole chestnuts, halved
85g fresh white breadcrumbs
220g of your favourite blue cheese, rind trimmed and diced
500g pack all-butter puff pastry

For the sauce

500ml vegetable stock
2 leeks, thinly sliced
1tbsp cornflour
300ml double cream

Method:

1 – Melt the butter in a large frying pan. Add the leeks and garlic, stir well, cover and cook for 10 mins until the leeks are soft, stirring a few times to check that they don't catch. Tip into a large bowl. Put the spinach in the pan and allow it to wilt. Leave to cool and, when cold, squeeze out as much liquid from it as you can.

2 – Tip the chestnut puree into the bowl with the leeks and add 3 eggs, the nutmeg, chestnuts, spinach, breadcrumbs, cheese and seasoning, and stir until mixed well. Chill for at least 1 hour until the mixture firms up.

3 – Heat the oven to 220C/200C fan/gas 7. On a lightly floured work surface, roll out the pastry to create a rectangle large enough to completely enclose the filling. Carefully lift onto a large, long baking tray that has been lined with baking parchment, then brush round the edges of the pastry with the remaining egg. Spoon the chilled filling down the centre of the pastry length of the pastry, leaving the ends clear. Tuck the ends over the filling, then firmly lift up the sides to wrap them round, trimming away the excess pastry as you go. Brush with more egg to glaze, then make a few small holes in the top so the steam can escape as it cooks. Bake for 40 mins until golden and the filling is firm. Remove from the oven, brush with more glaze and bake for 10 mins more.

4 – To make the sauce, heat the stock in a medium pan, add the leeks, boil for 5 mins, then take off the heat and scoop out 2 tbsp of the leeks. Blitz/whizz the rest in the pan with the cornflour using a hand blender, then cook, stirring, until thickened. Pour in the cream and reserved leeks and warm through. Can be made 2 days ahead and chilled ready for Christmas. Serve the pastry in thick slices with the sauce.

Optional Suggestion – Perfect Veggie option for the table over Christmas

ENJOY!

Mince Pie Ten



Striders! Let's Make This a Mince Pie 10 to Remember 🎄

The holiday season is nearly here and so is our beloved **Mince Pie 10 Mile** race on **Sunday December 8 2024**

As we mark the 31st.. anniversary of this festive tradition, we're thrilled to roll out a refreshed route around Peacehaven that's both scenic and safer, thanks to a few new developments in the area. With a sell out of **700 runners** we're calling on our mighty Striders family to step up as marshals and event volunteers. After all we may not be able to race on the day but we can be the heart and soul of this event.

Why Volunteer?

- ✨ *Be Part of the Tradition:* For over three decades, the Mince Pie 10 has been a holiday highlight offering a mix of scenic trails, quiet roads and that famous hill at mile 6.
- ✨ *Cheer On Festive Runners:* From Santas and elves to Christmas turkeys, the costumes are legendary
- ✨ *Support Local Charities:* This year we're proudly raising funds for *The Youth Counselling Project* and *East Sussex Vision Support* making a real difference in our community.
- ✨ *Soak in the Festivities:* Enjoy festive tunes and treats that will keep everyone in high spirits.



Volunteer Roles Available

There's a job for everyone, whether you want to cheer runners along the route or help at the finish line. Here's what we're looking for:

- **Car Park Team** (starts early at 8 AM led by Captain Jeff)
- **Marshals** (most will be in familiar spots with a few updates)
- **Finish Line Support**
- **Goody Bag Distribution**
- **Baggage Handling**
- **Cake Stall Management** (bring homemade or store bought goodies, cakes, cookies or anything festive!)

What You'll Get

🎁 *Bespoke medal for Striders completing the Virtual Mince Pie 10 throughout December.* You can complete the course, log your time and earn an extra CGP point for running in holiday fancy dress.

Ready to Join the Fun?

If you're up for the task, contact **Graham Jones**, our DRD and Marshal Lead Coordinator at mincepie@seafordstriders.org.uk to confirm your spot.

Let's make this another unforgettable Mince Pie 10.



Thanks for your support and dedication Striders

Nick, Race Director

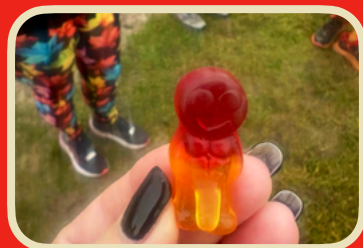
Virtual Mince Pie Ten

Virtual Mince Pie 10 Mile Run – Sunday 1 December

What happens when 4 Christmas trees, 3 Santa's helpers, 2 Elves, 2 Santas, Rudolph and a Christmas pudding hit the trails? Pure festive chaos of course!



13 Striders embraced the holiday spirit in full fancy dress for the virtual Mince Pie 10 Mile Run. Waving at children, spreading cheer and squelching through plenty of mud, we tackled the course with smiles on our faces, a round of jingle bells and some X rated jelly men.



We were high fived by Chief Elf Matt who was on marshal duties at Junior parkrun who we later discovered took some cheeky photos of our outfits!

Santa and two helpers dashed off midway. Urgent Christmas business beckoned. Were they checking their lists?



Meanwhile, one of the Christmas trees had a spectacular tumble halfway through, needing to be "trussed up like a turkey" and whisked off to A&E by an angel in the form of Matt (another one). The rest of us soldiered on, fuelled by chocolate eclairs. The Christmas pudding had a mid run hotdog stop.



The elves, always ready for a performance, treated us to a heartfelt rendition of Jingle Bells. At one point, a tree bent down to help an elf tie the ribbons on their booties. Teamwork!

We wrapped up our run with a celebratory hot chocolate and a curly Willy (a theme here).

We wish you a Merry Christmas and a Happy New Year. Bless you Striders, one and all!



Spotlight on a Strider

Spotlight this month is on **Russell Hewlett**, the Splashpoint Leader giving Sam a run for her money...

Q1 How long have you been a runner?

I played football until I was in my late 30's. Stopped. Gained weight. Took up triathlon. Switched to running after 10 years of tri's. Seemed like the easier option! The simplicity of running is hard to beat, although I still love swimming and cycling. Martyn Craddock and I have invented our own Seaford triathlon and on sunny summer days can be seen doing our best impression of the Brownlee brothers along the seafront. We are always looking for others to join us so if you're interested next year let one of us know.

Q2. What's your most memorable running experience?

There's been lots to be honest but Race to the Stones over 2 days was one hell of an experience. For me Ultra's can be more enjoyable than marathons. Less speed needed and you get time to enjoy your surroundings. That said, this year's Beachy Head marathon was a wonderful experience, so lucky to have that race on our doorstep. The Seaford Striders feed station at Cuckmere was on another level, unbelievable energy, positivity and encouragement. Not least to mention Colin Brown with his tub of celebrations!

Q3. What's your 'go to' pre race meal?

Morning of - just an apple! Not really a breakfast person. Night before - probably a fishy dishy with pasta 😊

Q4. Who is the better runner? You or Sam?!

This question was asked by Sam! I choose not to reply.....but if forced, it's Sam, obs! Although, I am more sensible when it comes to recovery! Then again, who isn't?

(Editor: You are a very brave man, Russ)

Q5. What motivates you to run?

Getting outside and running with the wonderful Seaford Striders community. Especially as I now work mostly from home and the nights draw in. With a very short commute from bedroom to home office!

Q6. What is your preferred brand of running shoe?

Altra. Zero drop. Closest thing to bare foot but more comfortable when living near a beach with rogue shingle! And an exceedingly large amount of uncleared doggy doo doo!

Q7. What does your ideal Saturday look like?

Park Run obviously. Coffee at Baca's. Football - Seaford, Chelsea or Brentford. Curry for one! and a real ale. Do like a Saturday night on my own!!

Q8. What's in your running playlist?

Don't listen to music whilst running these days, but you can't beat some of the select tunes from the Rocky soundtracks should you need a bit of inspo! For low intensity workouts I tended to go with a bit of Ibiza Lounge chill music from the late 90's. Rocky got me through some much needed turbo training in the build up to my Majorca cycling trip with some old boys from work.

Q9. What's your next race?

Going to Malaga with Mr Martyn Craddock in December. Full mazza for Marty, half for me!

Q10. Any final words of wisdom?

Never trust a fart during a marathon. Ask Sam!! Seriously though, always run with joy in your heart, for me training runs should always be more like a dance with no destination than a grind from A to B. I try to apply that to races as well these days.



RECENT RESULTS

Beachy Head 10K

26/10/2024

2	James Marron	00:41:10
9	Joshua Rudd	00:42:47
170	Jane Boyes	01:00:28
175	Paula Tiller	01:01:27
542	Julie Tiller	01:29:32

Beachy Head Half Marathon

27/10/2024

68	Ollie Card	01:55:07
90	Richard Preece	01:57:26
112	Anneka Redley-Cooke	02:00:10
238	Carly Holmes	02:13:09. PB
369	Tanya Tullett	02:25:26
385	Martin Robards	02:27:50
393	Sue Curtis	02:27:57
403	Hazel Tarrant	02:28:57
579	Jill New	02:52:28
580	Gary New	02:52:30
594	Debbie Priest	02:55:55
595	Lorraine Quigley	02:55:55
603	Janine Bishop	02:58:55
604	Lauren Stallard	02:58:55
636	Judith Linsell	03:05:46
665	Victoria Maleski	03:13:42
666	Sandra Standen	03:13:41
694	Jullie Taylor	03:27:44
695	Lisa John	03:27:44
709	Jeannette Wells	03:36:39
726	Sue Wallis	04:04:01

Beachy Head Marathon

26/10/2024

169	Martin Dallimer	04:33:41
249	Aaron Pooley	04:45:39
253	Dan Axson	04:45:50
335	Emily Danvers	04:59:44
336	James Dopson	05:02:03
447	Russell Hewlett	05:19:30
484	Peter Jaques	05:26:24
512	Steven Teale	05:29:35
515	Phil Robinson	05:28:40
525	Lisa Parkinson	05:32:22
546	David Tullett	05:36:09
606	Adam Haverly	05:49:21
620	Emilie Tearle	05:49:22
621	Lindsay Tearle	05:49:22
768	Kathryn Chamberlain	06:17:40
842	Leslie Mayger	06:45:16
906	Chiara Di Giorgi	07:02:36
931	Zingy Thetho	07:12:13

Beachy Head Ultra 50K

26/10/2024

53	Bryony Clarke	05:37:17
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Istanbul Marathon

03/11/2024

3943	Kevin Tant	05:53:28
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Bexley 10K

03/11/2024

35	Rob Sarjeant	00:45:38(g)
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Lewes Bonfire Blazing Tar Barrel Race

3	Adam Haverly	(forgot to start watch)
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Bexhill Remembrance Half Marathon

09/11/2024

5	Rolando Hutchinson	01:23:13
15	Damian Partridge	01:36:16
66	Steven Teale	02:00:40
67	Sue Curtis	02:00:39
96	Sophie Phillips	02:29:33

Centurion Wendover Woods 50 Mile

09/11/2024

91	Bryony Clarke	11:56:03
156	Adam Haverly	13:13:36

Athens Marathon

10/11/2024

1630	Austin Warren	03:30:40 PB
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Sussex AA XC League

Glyndebourne. 5 Mile and 2.5 Mile

09/11/2024

51	Phill Stevenson	00:37:07
56	Josh Nisbett	00:37:33
9	Alfie Batchelor(U15)	00:17:25

Crowborough 5K

17/11/2024

3	Joshua Rudd	00:18:54
5	Rolando Hutchinson	00:19:40

Crowborough 10K

17/11/2024

5	Josh Nisbett	00:37:39
14	James Marron	00:40:07
19	Jeff Young	00:41:16
27	Fabian Eason	00:43:42
26	Luke Borland	00:43:43
44	Ollie Card	00:46:13
45	Steve Sprague	00:46:13
46	Sam Alvarez	00:46:14
55	Raymond Smith	00:47:14
58	Richard Preece	00:47:29
69	Russell Hewlett	00:48:11
77	Ollie Sprague	00:49:11
107	Peter Jaques	00:52:26
111	Kathryn Warren	00:52:43
236	Debbie Priest	01:08:28
247	Joanne Robinson	01:13:27

RECENT RESULTS

Marden Half Marathon 17/11/2024

109 Martin Dallimer 01:46:22

Brighton 10K 17/11/2024

379 Dave Dunstall 00:40:48
940 Matt Winton 00:48:46 PB
1379 Paul Swinnerton 00:54:06

Brighton 1 Mile 17/11/2024

42 Kitty Winton(U11) 00:07:44
87 Tilly Winton(U7) 00:10:13

Benidorm 10K 23/11/2024

1694 Justine Ridgway 01:03:17

Turin Marathon 30/11/2024

1472 Martin Dallimer 03:49:34

Goodwood 10K and Half Marathon 01/12/2024

107 Steve Sprague 00:48:42

29 Ollie Sprague 01:27:55
163 Sue Curtis 01:55:38 PB
164 Steven Teale 01:55:37 PB

Valencia Marathon 01/12/2024

3680 Richard Impey 02:53:03. PB

For enquiries about results and club records, please contact Ray Smith

newsletter@seafordstriders.org.uk



Bevendean Down Parkrun CGP



by Tom Roper

When I try to encourage people to go to Bevendean Down, in my opinion the finest parkrun course in the world, and the one I have run most (sorry Seaford Beach), I try to tempt them with the impressive views. This didn't work on 2 November when sixteen Striders went thither as part of the club Grand Prix.

A misty drizzle kept us from overheating as we tackled the two and a bit lap course, limiting visibility to our immediate surroundings: no views over Brighton, or out to the Rampion wind farm or even the Isle of Wight today. Some sheep and cows added interest to the scenery, grazing on the lush grass.

Bevendean Down is not entirely flat; therein lies its charm. To tell the truth, it has a massive hill that must be tackled twice, and it used to be ranked the sixth hilliest parkrun in the country: Strava records a 427 ft (130m) elevation gain. A friendly volunteer team help participants on their way, and welcome visitors warmly.

After a briefing, we strolled along the bottom of the field to the start by a dew pond. Without delay, the Run Director sent us on our way, back the way we came, past the finish and then into the ascent, at first gradual, then brutal. Then there's a long downhill, the flat(ish) stretch to the finish and off for another lap.

As I completed my first lap, I caught a flash of blue in my peripheral vision, Jeff Young, finishing first in a glorious 20:4, a Personal Best for the course. The first woman home was another Strider, Erica Martin, in an impressive 23:27. And we can claim, out of the field of 49 finishers, the second placed man and woman too, James Marron and Sam Alvarez, both of whom now have unassailable leads in the GP table. My own result was a gentlemanly 40:37, my fastest time here since 2019, so I was not displeased. With Snape Wood cancelled, that leaves East Brighton parkrun and the Mince Pie Ten route.

Seaford Martello Half Marathon

Event Summary

The Seaford Martello Half Marathon returns on 13th April 2025. This scenic, but challenging event combines the stunning Seaford seafront with the beautiful South Downs. Run jointly by Seaford Martello Rotary and Seaford Striders Running Club, the event is proud to raise funds for local charities and organisations - in 2025 any surplus after event expenses will be split equally between East Sussex Vision Support, The Youth Counselling Project and the grant giving arm of Seaford Martello Rotary.

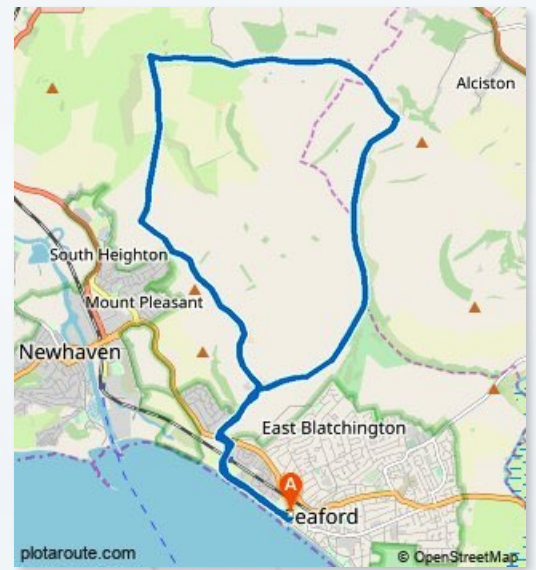


Details

Registration, number collection and bag storage are at Seaford Rugby Club (w3w /// hopeless.blanked.undivided) in the Salts from 08:00. Ample free parking is available on Seaford seafront or in the Richmond Road car park. There are toilets available in the Salts. The event start time is 09:30 with the start location being a few minutes' walk from the Rugby Club at Bonningstedt Parade (w3w /// gestures.loser.enlighten) and the finish is on the seafront opposite Dane Road (w3w /// vibes.breaches.letter).

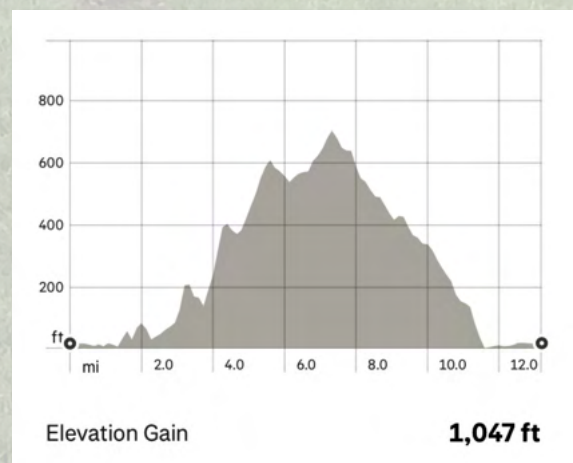
The 2025 entry cost of £30 (or £28 if you are EA affiliated) includes a fully marshalled EA licensed course, chip timing, two water stations, finish refreshments and a bespoke medal.

Sorry no walkers or dog runners.



The Course

Heading off along the seafront, the route turns inland just before the Newhaven & Seaford Sailing Club, over the A259 then through the quaint Bishopstone village, before heading onto the trails towards Poverty Bottom. This first part is largely flat but you then start the climb up towards Firle Beacon. The first water station is above South Heighton, about 4 miles in and from here the real climb begins and the Firle Beacon radio masts eventually come into view. At the intersection with South Downs Way the route turns east and you will follow the South Downs Way to Bo Peep where you will find the second water station at about 8 miles. From here it is mainly downhill! The route turns broadly south back towards Five Ways and then loops back towards Bishopstone village where you rejoin Bishopstone Road and head back towards the seafront crossing the A259. Then it is back along the seafront to the finish.



As most of the route is off road trail shoes are recommended. Expect a combination of open bye ways, narrow paths and probably lots of mud, puddles, slippery chalk and exposed flint. You will definitely need to be watching your footing, but also take time to look at the amazing views and thank our awesome marshals who will be encouraging you on the way whatever the weather.



Cut off Time

This year we are introducing a cut off time - you must reach the first water station, which is at about 4 miles, within 1 hour. We have chosen this location as it is within a reasonable distance to get back to the start.

Many of our marshals are in very exposed locations and to be fair to them we need to make sure that they are not having to be out there waiting for you for too long. The course is challenging and the event is intended for runners, not people who just want to walk the route. Obviously we don't say you have to run it all, but there is an expectation that you will be able to make reasonable progress. Hopefully it will be a lovely day, but we have to allow for the possibility of inclement weather and what this might mean for our marshals and other volunteers.

Enter Now

<https://www.nice-work.org.uk/e/martello-half-marathon-12577>



Beachy Head Water Station



If you've ever noticed someone with a large camera around their neck at Strider events, you've likely encountered Ray in action. He has captured some truly memorable moments from the Beachy Head water station.

You can view Ray's photographs through the following Flickr link: <https://flic.kr/s/aHBqjBPLkT>

Sussex Grand Prix

As it stands Ollie Sprague is tied on points in first place. Will he be crowned Sussex Grand Prix Champion? That depends on the system of count back. It's very tight - watch this space. Josh Nisbett and James Marron have also placed very highly - 7th and 14th respectively. Kat Warren is the club's highest placed female in

26th place followed by Jo Robinson in 76th place. In the team event after low turnout at Lewes and Hove we bounced back with another great result out at Crowborough 10k where we placed 2nd team. The club are sitting 9th overall. (All results to be confirmed)

Team Scoring

Points for men and women are allocated as follows:

The 1st 10 percent of finishers are awarded 10 points, the 2nd 10 percent 9 points, the 3rd 10 percent and so on down to the final 10 percent being awarded 1 point.

Team total score consists of the top 10 scores across men and women plus 1 point for each runner who competes up to a maximum of 25 points for points awarded for competing runners.

Each team's best 11 from the 12 races are counted.

For Information

Contact James Marron sgp@seafordstriders.org.uk

or visit the website <https://sussexgrandprix.co.uk/>

Club Grand Prix



Remaining races for 2024



Date	Event	Criteria
7 December 2024	East Brighton Parkrun	Age Graded
December 2024	Virtual Mince Pie 10	Fastest Time

The Club Grand Prix is a year long competition within Seaford Striders aimed at engaging members in a friendly and inclusive way. It is open to all senior club members regardless of their speed or running ability.

For information about the Club Grand Prix,
please contact James Marron. cgp@seafordstriders.org.uk

Sussex Races

To find out about future races, visit the Sussex Races website:

<http://sussexraces.co.uk/sussexraceeventplanner.html>

Club Grand Prix Standings

Please find below the latest CGP positions as submitted by James Marron.

Female Results																					
Name	Seaford Beach Parkrun	Dream Mile	Hastings Half	Brighton Marathon	Martello Half	Peacehaven Parkrun	Clair Parkrun	Seaford Beach 10Krun	Bowl 10	35 minutes	Arundel 10k	Bosham 10k	Autumn Equinox Run	Eastbourne Parkrun	Uckfield Parkrun	Bevendean Down Parkrun	Crowborough 10k	ABR Vol Bonus Point	Total Points	No. of Runs	Top 10 Score
Sam Alvarez	20	20			20	20	20						20	20	20	20	20		200	10	200
Joanne Bruggerwith	18	19			12	19	19	16		16			18	19	18	18			192	11	180
Leanne Utster	12	13	15	19	11	10	16	18	18	19	19			14	15				199	13	166
Jo Robinson	7	11	12			9	15	16		18	15						16		119	9	119
Katherine Simmons						12	17			14	20			17	16	15		1	112	7	112
Amanda Feast	17	18				17		13					16					1	102	6	102
Jen Williams	5					16				20			19	13	19	17		1	90	6	90
Annela Redley-Cook		16			18		18	14						18				1	85	5	85
Kathryn Warren	14		19						20								19		72	4	72
Paula Tiller			16						19	17									68	4	68
Debbie Priest								17			17		10			16	17		61	4	61
Victoria Maleski	10	15									18				17			1	61	4	61
Bryony Clarke			20		19									16					55	3	55
Sue Curtis		17			16				19										52	3	52
Kate Parkinson	13					15		20											48	3	48
Jane Boyes			18		17														35	2	35
Jill New						14											18	1	33	2	33
Sandra Standen						18				15									33	2	33
Kellie Snow	4				13								14						31	3	31
Jemma Vile	15													15					30	2	30
Justine Ridgway	16	14																	30	2	30
Lauren Stallard	1			20	9														30	3	30
Bronwyn Clare	11		17																28	2	28
Simone Amls						13							15						28	2	28
Lucinda Dopson	8		13																21	2	21
Allison Househam	19															19			19	1	19
Erica Martin																			19	1	19
Rosie Neill								19											19	1	19
Katie Boxall													17						17	1	17
Lorraine Gulgley											16								16	1	16
Sally Mayger	1							15											16	2	16
Hilary Ward					15														15	1	15
Emily Farley					14														14	1	14
Michelle Vardell			14																14	1	14
Gemma Watts													13						13	1	13
Judith Insell		12																	12	1	12
Melissa Luckin													12						12	1	12
Jemma Woodland													11						11	1	11
Sharon Plank						11													11	1	11
Janine Bishop	3				8														11	2	11
Claire Sander		10																	10	1	10
Jane Kemp					10														10	1	10
Stacey Pollard	10																		10	1	10
Wendy Fortune													9						9	1	9
Hayley Cole													8						8	1	8
Jeanette Wells						8													8	1	8
Kay Crush	7																		7	1	7
Lindsay Baker													7						7	1	7
Tanya Dawson													6						6	1	6
Luisa Sanchez													5						5	1	5
Milene Lopez													4						4	1	4
Jenny Hunter	2																	1	3	1	3
Emma Hamilton	1																		1	1	1
Sara Ballup	1																		1	1	1
Sue Wallis	1																		1	1	1



Club Grand Prix Standings

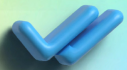
Male Results

Name	Seaford Beach Parkrun	Oven Mile	Hastings Half	Brighton Marathon	Martello Half	Peacehaven Parkrun	Clair Parkrun	Seaford Beach NParkrun	Bowl 15	30 minutes	Arundel 10k	Bacchus 10k	Autumn Equinox Run	Eastbourne Parkrun	Uckfield Parkrun	Bewenden Down Parkrun	Crow- borough 10k	ABR Vol Bonus Point	Total Points	No. of Runs	Top 10 Score
James Marron	18			15		19	20	4	18			20	20	19	19	20	19		211	12	192
Jeff Young	17				14		19	10		19	18		18	18	18	19	18		188	11	178
Richard Preece	15	18			9	18	18	20			16		13	16	16	18	12		189	12	168
Austin Warren	19	20	17		16			11					17	17	20				154	9	154
Pete Jaques		16	8	10	4	17	15	5	16				6	14	15	17	9		152	13	137
Marlin Dallimer			12		5			14	17	18			15		14	15			110	8	110
Ralph Jennings		19				15	16	7		20			8	15					100	7	100
Steven Teale			9	8	1	9	13	19	15		14				11				99	9	99
Ollie Sprague	1		20	20	12	7		3	20								10		93	8	93
Josh Nisbett		15			19						20						20	1	92	5	92
Dave Dunstall	20					20		13					12	20	17				85	5	85
Russ Hewlett		11	13		8			2					14	12		14	11		85	8	85
Nick Farley	16			11	15								16			16			74	5	74
Jack Hutchinson			19	18	17						19								73	4	73
Fabian Eason	13				13		17	6									17		66	5	66
Paul Swinnerton						11	12	8					2	10	10	12			65	7	65
Joshua Rudd			18	19	18														55	3	55
Ray Smith		17	11		11												13		52	4	52
Steve Sprague			15		2	14											15		46	4	46
Ron Van Heuvelen	1						14	15							12				42	4	42
Luke Bonford													19				16		35	2	35
Robert Ewen						16		18											34	2	34
Leslie Mayger	11			9				14											34	3	34
Phil Stevenson	12				20													1	33	2	33
Kevin Tant	1					10		17					4						32	4	32
Ollie Card				16													15		31	2	31
Trevor Jones	1		5			12								11					29	4	29
Mark Andrews	8												7	13					28	3	28
Simon Newman	1							14							13				28	3	28
Darren Evans	14				3								9						26	3	26
Alan Browne	6			13									5					1	25	3	25
Simon Wattam		14			10														24	2	24
James Dopson	7		16																23	2	23
Paul Willis				14				9											23	2	23
Martyn Craddock	1		6		1			1								13			22	5	22
Darren Wymmer				7	1	13													21	3	21
Matt Clare							1		19										20	2	20
Matthew Winton	1	9												9				1	20	3	20
Lindsey Stirling		13		6															19	2	19
Tom Roper						6										11		1	18	2	18
Colin Laidlaw	1							16					1						18	3	18
Rolando Hutchinson				17															17	1	17
Gary New						8											8	1	17	2	17
Lance Maleski											15								16	1	16
Martin Robards								15										1	15	1	15
Rob Sarjeant			14																14	1	14
Kevin Ives	4	10																	14	2	14
Aaron Pooley											13								13	1	13
Damian Partridge	1							12											13	2	13
Dominic Hinds		12			1														13	2	13
Richard Impey	1			12															13	2	13
Tom Bell													11						11	1	11
Graham Jones	10																		10	1	10
Phil Robinson			10																10	1	10
Steve Ramsey													10						10	1	10
Colin Browne	3				7														10	2	10
Martin Robards	9				1														10	2	10
Mark Woolford		8																	8	1	8
John Foster			7																7	1	7
Dan Axson					6														6	1	6
Jay Vile	5																		5	1	5
Kabir Kenith						5													5	1	5
David Westcott						4													4	1	4
Gareth Hutchinson													3						3	1	3
Simon Homer	1																	1	2	1	2
Simon Peck	2																		2	1	2
Alex Dawson													1						1	1	1
Andrew McDonald	1																		1	1	1
Carl Howard	1																		1	1	1
Chris Le Beau	1																		1	1	1
Phil Baker													1						1	1	1
Tom Forristal													1						1	1	1





WhatsApp



Protecting Your Privacy in WhatsApp Groups

Being part of a running club's WhatsApp group is great for organising runs, sharing training tips, and laughing at Captain Jeff's jokes. But it's also important to manage your privacy and interactions to keep things fun and respectful. Here's how:

1. Protect Your Personal Details

- **Think Before You Share:** Unless you are organising Thirsty Thursday at Ray's house, avoid posting sensitive info like your home address or bank details. Reply by private message if you want to let Jeanette know where you live.
- **Be Cautious with Photos:** Go ahead and post that Striders group photo, but maybe skip the one showing your intended outfit for next year's naked run.

2. Control Who Can Add You to Groups

- **Set Your Boundaries:** Don't let strangers add you to random groups.

Go to *Settings > Privacy > Groups* and choose:

- *Everyone*
- *My Contacts*
- *My Contacts Except...*

3. Mute Overly Chatty Groups

- **Preserve Your Sanity:** Got a group that pings every two seconds? Mute it!

Tap the group name > *Mute Notifications* > choose your quiet time.

4. Be Mindful of Your Profile Privacy

- **Manage Your Info:** While you can't hide your number from group members, you *can* decide who sees your profile pic, status, or last seen.

Go to *Settings > Privacy* and set your preferences.

6. Keep the Tone Friendly

- **Mind Your Words:** Running banter is welcome, but be clear and respectful. "Nice pace!" sounds better than "Wow, Jo I didn't know you walked races."

7. No Spamming:



8. Respect Everyone's Privacy

- **Don't Overshare About Others:** If someone tells you something personal during a cooldown, don't post it in the group without their permission.
- **Avoid Personal Chats in the Group:** If you need to ask someone's address, take it to private messages.

9. Watch the Group's Reach

- **Know Your Audience:** Before posting a joke or anecdote, check who's in the group. Not everyone appreciates your humour*.

10. Be Careful with Group Links

- **Share Responsibly:** Group links are for invited participants only. Don't post them publicly unless you want random strangers joining your run discussions.

11. It's Okay to Leave the Group

- **Prioritise Your Peace:** If a group chat gets too overwhelming or doesn't align with your goals, it's okay to leave.

12. Call Out (Nicely) or Block Problematic Members

- **Speak Up:** If something feels inappropriate, flag it to the group admin or welfare officer. And if it's really bothering you, use the block button.



Junior Awards Ceremony

Celebrating our brilliant Juniors!

By Katherine Simmons

Seaford Striders Juniors had plenty to celebrate November 19 with their first dedicated Awards evening and party.

The fun evening at Seaford Rugby Club was brilliantly planned by Emily and Julie, and the first time that the Junior section had their own Awards since 2017.

The evening started with a 'guess the coaches' photo game – with the youngsters set the challenge of guessing which of the cuties on the picture board were now all grown up and part of our Junior leaders and volunteers team (look down a couple of pages and you can play it yourself...). The balloon games went with a bang and there was plenty of party food, including cake.



Striders Chair Victoria introduced the Awards, before the specially produced wooden honours were handed out by each of the different year group coaching teams. The winners were judged on their performance over the last year. We absolutely loved how the Juniors cheered and supported each of the category winners! Certificates were also handed out to each of the group members.

After the celebrations came the dancing... with thanks to 'tunes by Joel'. Our coaching team showed that they are truly multi-talented when it comes to encouraging everyone to move, with a Conga led by Marie, Stacey, Sara, Matt and Emily. And Si and Julie helped to familiarise our Juniors with all of the actions to 80s party classic Superman by Black Lace (a performance I would love to see repeated at the Striders Awards :)) *



The chocolate raffle was eagerly awaited and gave the lucky Juniors who had their tickets pulled out of the hat even more chances to celebrate!

At the end of the evening, each Junior was given a special kind of party gift... their own Junior Striders drawstring bag.





Thank you Emily, Julie and all of the Junior coaching team. And to all of our amazing Juniors for a super fun evening– it was great to see so many happy faces!

Well done to all our winners:

School Year 1/2

For your enthusiasm, energy and fun
Theo Ayla

For always challenging himself Dexter

For representing Junior Striders Anya

School Year 3 and 4

For determination Edith

Making the group fun Harvey

Striders who always give 100%
Jensen & Bradley

School Years 5 and 6

For progress at Striders and stepping up to parkrun Stanley

Making Striders fun Evelyn

Positive attitude Izzy

For fun, energy and great improvement
Tommy

School Year 7+

For progression, especially to 5k distance
Luther & Ava

For their participation and enthusiasm for Striders Olivia & Zach

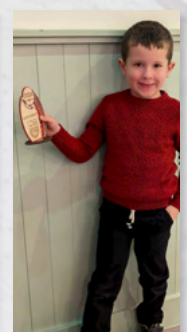
Roadies

Most improved Vinnie

Most improved time Jay

For leadership and captaincy Bradley

Outstanding Achievement Alfie





*Superman by Black Lace

For those of you who were too young to remember, Superman is a song from 1980s by the band Black Lace.

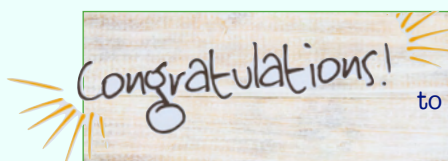
The song featured a number of dance moves that acted out the lyrics, including sleeping, waving, hitching a ride, sneezing, walking, swimming, skiing, spraying deodorant, sounding a horn, ringing a bell, flexing muscles as a macho man, making the letters "OK", blowing kisses, combing and flying like Superman.



Well done Kitty and Tilly for running the Brighton Mini Mile.

Alfie was placed 9th in the U15 category at the Glyndebourne Cross Country.

Alfie also achieved another PB at Seaford Beach parkrun on 16 November finishing in fourth place with an amazing time of 17:51 Well done Alfie!



to Rosie Neill and James on the arrival of baby Fiadh

to Dan Axson and Lisa who welcomed baby Hughie into the world on 1st November.

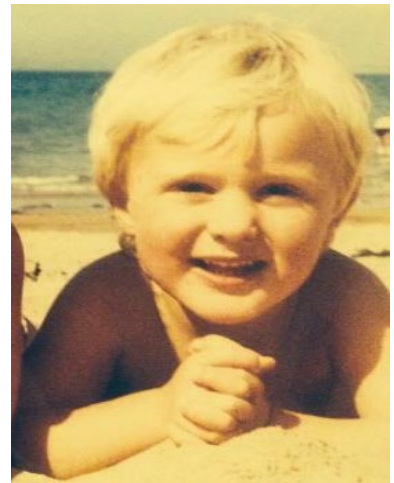
Sending love and best wishes to both families from all of us at Seaford Striders.

Guess the Junior Striders Coach

Can you guess which baby photo belongs to each Junior Striders coach?

Coaches to choose from: Alan, Colin, Emily D, Emily F, Julie, Katherine, Margaret, Phill, and Sara.

Check the correct answers on the last page.



Crowborough 10K



By Ray Smith

Twenty Striders traveled to Crowborough to tackle the infamous hilly 5k and 10k races. A key fixture in both the club calendar and the Sussex Grand Prix, this event consistently sees strong representation from our members.

For those unfamiliar, the 5k course consists of a single lap, while the 10k involves two laps. Both routes feature a steep downhill and uphill section, as well as a ford crossing. In previous years, the ford has been as deep as a foot, but this year's dry weather reduced it to a quick splash and dash.



In the 10k event Josh Nisbett led the Striders with a fantastic performance finishing 7th overall. Sam Alvarez continued her dominance in the club standings, securing maximum points as the first Striders lady. The men's team performed well claiming 2nd place overall even with Ollie Sprague battling illness.



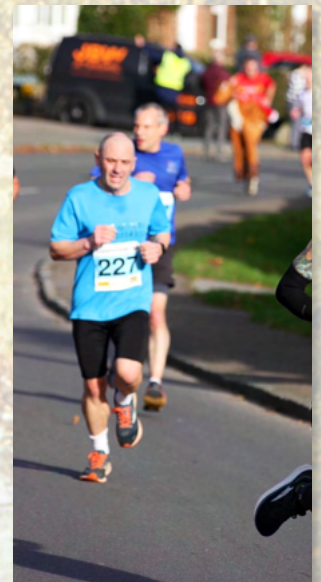
Rolando Hutchinson and Joshua Rudd opted for the lesser known 5k race, perhaps aiming for victory. While neither clinched the win both achieved impressive finishes taking third and fifth places respectively.



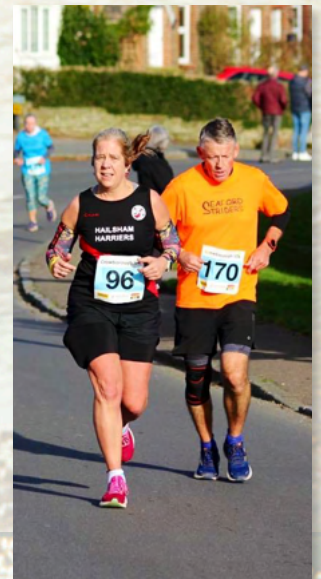
Personally I had my best run in five years, setting a PB on the first hill. Unfortunately the final 2km proved challenging and I was overtaken by three fellow Striders. To top it off, someone in a large animal reindeer costume breezed past me near finish!



Meanwhile, Jeff Young showcased his trademark camaraderie by doubling back along the course to encourage Jo, urging her to push harder. It was a day filled with grit, hard running, team spirit and of course lots of cake for the Striders.



There were other standout performances as well. Kat Warren and Debbie Priest showed great progress, significantly improving on their times from last year. In a tight finish, Luke Borland managed to edge out Fabian by just one second though chip timing showed Fabian ahead.



Beachy Head Marathon



Beachy Head Half Marathon



Cross Country

East Sussex Cross Country 24/25 - Sunday

The East Sussex Sunday Cross Country League is made up of six races between October and March. Individuals can score within their own age category (your best four races make up your overall points total), and for the team depending on where you finish. We often car share to these races because parking is limited due to the races being held in the countryside.

Sunday	13 October 2024	Eridge Park
Sunday	24 November 2024	Snape Wood, Wadhurst**
Sunday	15 December 2024	New Place Farm, Framfield
Sunday	12 January 2025	Blackcap, Lewes
Sunday	16 February 2025	Whitbread Hollow, Eastbourne
Sunday	9 or 16 March 2025	TBC

**Cancelled, to be rearranged

Details of the up and coming races are released by the hosting running club closer to the time. The flyer with all relevant information will be emailed out to all members once available.

Snape Wood XC

Because of storm Bert, last weekend's cross country at Snape Wood was cancelled due to safety concerns. The league are hoping to rearrange this race in the near future, so watch this space.

So as results go, nothing has changed but they can still be found here;

<https://www.eastsussexcrosscountry.co.uk/results>

Sunday XC point scoring explained

I've been asked to try and explain how the team and individual scoring works for the Sunday cross country league, so I will try my best. An advanced warning here that this might send you to sleep.

So we'll start with individual scoring first as this is far more straight forward. For men 300 is the maximum you can score in a race, this is for coming 1st male. First place female scores 200 points and then each place after that the score is reduced by 1 e.g. 2nd score 199, 5th scores 196 points. Regardless of runners in different age category individual scoring works down this way all the way down to 0. To qualify for overall individual scoring for the whole season you need to run in a minimum of 4 out of the 6 races, only your best 4 results will count.

For team scoring it is reversed, so lowest score wins. 1st place scores 1 point, 2nd scores 2 points, all are added up over the categories to make up the overall team score. Depending on the previous year's entry ratios the gender and age category for scoring are generated.

Cross Country

The table below shows the current split.

	Male	Female
Senior	4	2
V40	3	2
V50	3	2
V60	2	2
Total	12	8

For information contact Josh Nisbett

crosscountry@seafordstriders.org.uk

This is why there are 4 senior men scoring positions as opposed to only 2 V60 scoring females, because there were more entries in the senior men's category the year before and is reflective of entries and turn out to be as fair as can be for all teams competing.

If a team doesn't have enough runners in an age category, for example only 1 senior female runner but has 2 V40 runners and 3 V50 runners the third placed V50 runner would count as the second senior female runner in this situation.

Younger runners cannot score in this way for older age category's where places aren't filled. If you can't fill an age category with the above system, the non-scoring age category is scored as the last runners score +1. For example, if there was 374 runners the unfilled category would score 375 points.

Sussex Cross Country League 24/25 - Saturday

In addition to the Sunday league there is also a Sussex cross country league and championships throughout the winter months that take place on Saturday afternoons.

Future dates are below and more information can be found on their website

<https://www.sussexathletics.net/take-part/cross-country/sussex-cross-country-league/>

These events can be entered online up to the Thursday morning before the event.

Saturday	12 October 2024	Goodwood	
Saturday	9 November 2024	Glyndebourne, Lewes	League race 2
Saturday	30 November 2024	Ardingly Showground	League race 3
Saturday	4 January 2025	Little Common, Bexhill	Junior and Senior Championship
Saturday	18 January 2025	Coombe Farm, Lancing	Masters Championship
Saturday	8 February 2025	Stanmer Park, Brighton	League race 4

Glyndebourne XC

Although we couldn't go racing last weekend in Wadhurst, earlier on in the month three Striders ventured into Saturdays Sussex cross country league. This race was held within the grounds of Glyndebourne on a very grey day. The course was a multi lap format that included a hideously steep hill that not even I enjoyed. Alfie Batchelor was the first Strider to race that day in the 4km under 15's race, he came 9th out of 40 runners, which is a really good result in this league. Phill Stevenson and I were next to take on 8km worth of laps, we didn't quite do as well as our Junior counterpart, coming in 51st and 56th respectively out of 148 runners.

On This Day or Thereabouts (by Ray)

18 Gazette, Wednesday, December 18, 1991

GAZETTE SPORTS

Striders show way in France

A TEAM of Seaford Striders ran away with the Overseas Cup at a recent race in France.

The largest contingent of Striders ever made the trip across The Channel to enter the team relay event at the Stade Dieppoise in Dieppe.

Three Striders teams lined up alongside an illustrious group including seven runners from the French National team.

In all 57 teams were entered, each team running five legs, made up of a short 1600m, then 2,000m, then 4,000m, then 2,000m uphill, ending with a final 4,500m.

The Striders A team consisted of Alan Hutchinson, Mark Gurney, Alan Lade, Martin Bulger and Brian Tickner.

Romped home

They achieved 12th position overall but romped home with the Overseas Cup, beating last year's winners The Comets from New Scotland Yard.

The Striders second team, Dave Lorgan, Tony Britton, Martin Etchells, Cliff

Ladies bring home Dieppe trophy

SEAFORD Striders have once again turned international this year when they ferried over to France for the annual Dieppe Road Relay, entering two men's teams and one women's team in this prestigious event.

This year it was the turn of the ladies to bring success to the club, when their

Athletics

team of Annette Saunders, Trisha Napper, Julie Miles, Glynis Breeds and Mandy Hunt came back with the women's team trophy.

In the men's event there wasn't the success of previous years but both teams, consisting of Alan Hutchinson, Mark Gurney, Cliff Haffenden, Martin Bulger, Steve Jerrom, Harold Napper and Bill Young, acquitted themselves well.

On the same day, but on this side of the water, Alan Lade and Joe Galvin travelled to Kent for the 10th Gatcliffe Marathon, a tough orienteering style cross country race across 31 miles of the Weald.

The completed the course in six and a half hours, coming home in sixth and seventh positions.

IN spite of the recent icy weather Seaford Striders have been in action at a number of venues.

Biggest attraction was the local Brighton 10km which drew a high quality field.

First Strider home, and continuing his improvement, was Pete Bagnall who charged to a personal best of 43:22.

He was followed by Andy McDonald (43:27), Ken Browning (43:58) and Tony Britton (44:17).

Then came Julie Miles who also set an excellent best time of 48:35, crossing the line with partner Alan Hutchinson.

The final members of the Strider contingent were Harold and Trisha Napper who recorded 52:05 and 55:04 respectively.

One unlucky member of the group was Philip Drey who collided with an obstacle on the course and had to be treated at hospital for a badly cut knee.

Another group travelled to Maidstone and also took part in a 10km.

Leading them home was veteran Bill Young, who went round in 46:00, followed by Glynis Breeds with 51:17.

Bringing up the rear were Mandy Hunt (52:00), Alison Hunt, making her debut appearance, (54:00) and Annette Saunders (56:00), all of whom were misdirected and had to run further than anyone else!

Back in early December 1989 and for a good few years after a group of us Striders, sometimes as many as fifteen would pile onto the ferry at Newhaven to take part in the Dieppe Relays. It was a great excuse for a weekend away, and in those duty free days it wasn't just about the running. Let's just say a fair few of us came back loaded with fine French wine and the odd crate of lager to see us through Christmas.

Our French hosts were brilliant always making us feel welcome and sending us home with gifts. We even managed to win the team event one year, though if we're honest the trip always had more than a hint of social drinking about it.



Where's Julie?

Where's Julie?

We have managed to drag Julie away from her last months hiding place. She's found somewhere new to hide.
Can you find her.

Answer will be revealed in the next edition!



Here's Julie

She couldn't resist a sneaky look
And can you blame her..



Bexhill Remembrance Half



Bexhill Remembrance Half Marathon

Rolando Hutchinson

Sophie and I ran the Bexhill Remembrance Half Marathon alongside a number of other Striders. I was only aiming for a sub 90 minute time and the weather was perfect for it. I ran well throughout the race and was sitting in 4th place for a while. Unfortunately, I dropped to 6th but I managed to finish 5th overall and 1st in my age group.



Strength Training for Runners

Guidance, advice, and videos that demonstrate exercises for runners to build strength and endurance

By Joel Eaton

As [a running coach](#), I often emphasise the benefits of strength training and how it can elevate your performance. This article brings together much of the advice I give to long-distance runners, offering guidance and exercises to seamlessly integrate strength training into your routine.

1. Introduction

The benefits of strength training for long-distance runners are well-documented [1]. Yet, many runners, myself included, can be guilty of neglecting it. We always have a list of excuses: our running is going too well to need it, it's hard to find time, we lack access to a gym, we don't know what to do, and let's face it—sometimes it can be boring!

That's why I've created this article—to provide clear guidance and exercises tailored for runners. The goal is to make strength training accessible and straightforward, ensuring it doesn't become a daunting or dull task. This guide is for every runner, regardless of speed and fitness level, and you can do 90% of these exercises without needing a gym or special equipment.

You can use a rucksack filled with books instead of weights, a towel on a slippery floor instead of an ab wheel, and the stairs in your house for calf-raises and drops. If you have access to a gym, these exercises will help build a strong foundation.

This is not a comprehensive guide to strength training but an accessible starting point to help you get going, explore new avenues, and add some structure to your routine in an often ambiguous field.

2. Benefits of strength training to runners

Runners are most vulnerable to injury when fatigued—whether from lack of rest, overtraining, or overexertion during events or workouts [2]. Strength training helps combat muscle fatigue, allowing you to run further and faster before reaching the danger zone where injuries are more likely.

Improving your body's alignment and impact resistance also helps maintain good running form [3], making your body work more efficiently and conserve energy. This leads to running faster and longer, with improvements in key fitness indicators like VO2 Max [1].

In short, becoming a stronger runner makes you more resilient, improving your performance, faster times, and reducing injury risk.

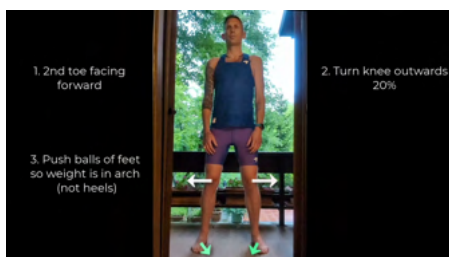
3. Key points to remember

Here are some tips to keep in mind as you incorporate strength training into your running routine:

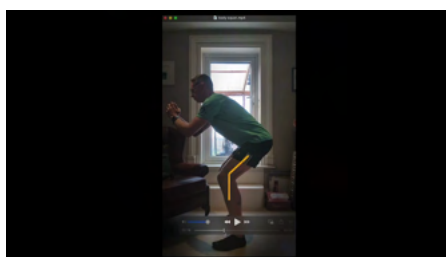
- **Stretch before each workout:** Stretching is crucial for warming up your muscles and preparing your body.
- **Go slow:** Perform exercises slowly and progress from the foundational to the advanced exercises. Master the basics before moving on.
- **Technique is key:** Focus on perfecting your technique. Use mirrors, film yourself, and seek help from a coach if needed. Only add weights once your form is correct.
- **Everything is interconnected:** Strengthening all areas of the body is essential, as injuries can often stem from weaknesses elsewhere. When you strengthen an injured area, you're often missing the area of deficiency that caused the injury, which could mean further issues later on.
- **Training is about conditioning:** We train to condition our bodies for the loads they will endure during races and training. This means that your training should be appropriate for your goals, with space for extended seasonal periods of no or minimal training for full body recovery.

4. Basics

These two exercises form the foundation for finding your centre of gravity, understanding spinal length, and properly engaging your glute.



[Mountain pose](#)



[Body Squat](#)

CLICK VIDEO
TO WATCH

5. Exercises 1 – Foundational

These exercises build strength in key muscle groups used in running, particularly the core muscles, glutes, and hamstrings. Perfect your technique with minimal or no weight before increasing reps or weight.



[Oblique twists](#)



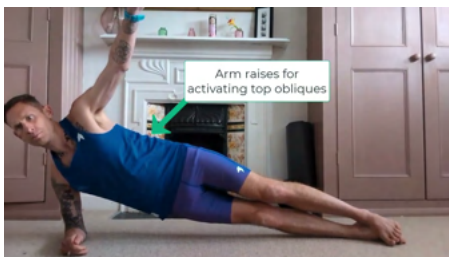
[Goblet squat.](#)



[Ab-wheel holds](#)



[Weighted sit-up](#)



[Side plank](#)



[Glute bridge walkouts](#)

6. Exercises 2 – Follow-on

Once comfortable with the foundational exercises, progress to these. As always, focus on technique and adjust weights and reps as needed.



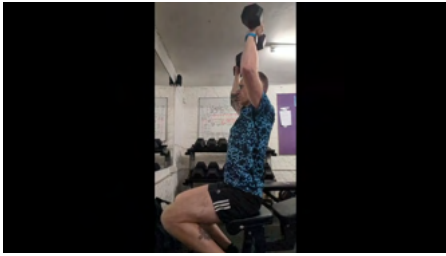
[Glute ball rollouts](#)



[Deadlift](#)



[Calf raises](#)



[Bulgarian split-squats](#)



[Shoulder press](#)



[Split leg dumbbell swings](#)

7. Putting it all together

Incorporating strength training into your routine involves balance. If you're new to strength training then for every strength workout, consider removing a run to avoid overloading. Here are some tips to help find that balance:

- **Perform low-intensity strength exercises after an easy run:** Add bodyweight exercises like calf raises, sit-ups (without weights), and squats at the end of a run.
- **Drop unnecessary runs:** Replace "recovery runs" with strength workouts. There is no such thing as a recovery run (repeat after me!) if your body really needs to recover then let it. But if you're one for just "squeezing a short one in", then these runs are prime candidates for swapping with some strength training – and you'll soon realise the benefits.
- **Increase weight gradually:** Treat weight increases like running volume, progressing slowly.

8. Summary

This article provides an accessible introduction to strength training for runners, offering a starting point for incorporating strength exercises into your routine.

Beyond the resistance training covered here, plyometrics and cross-training (other sports) are also widely known to enhance running performance and contribute to attaining a strong balance of activities to help prevent injury from overexertion in one area [4].

FAQs

Q: Should I do the exercises instead of running or before/after running?

A: When starting with strength training, replace easy runs with strength workouts. Avoid running immediately after strength training to allow recovery. Over time, you can integrate running and strength sessions more closely.

Q: How often should I do these exercises?

A: Aim for at least once a week, but more frequently if possible. 3-4 times a week is ideal. Start with 30-minute sessions twice a week for a good balance.

Q: I am unable to perform one or more of these exercises due to an injury or a movement deficiency, what should I do?

A: Back-off and avoid hurting yourself. Having a specific exercise that you can't do can be a useful tool for a physiotherapist or coach to help identify what the issue might be, if you don't already know.

Q: How should I fuel when doing these exercises?

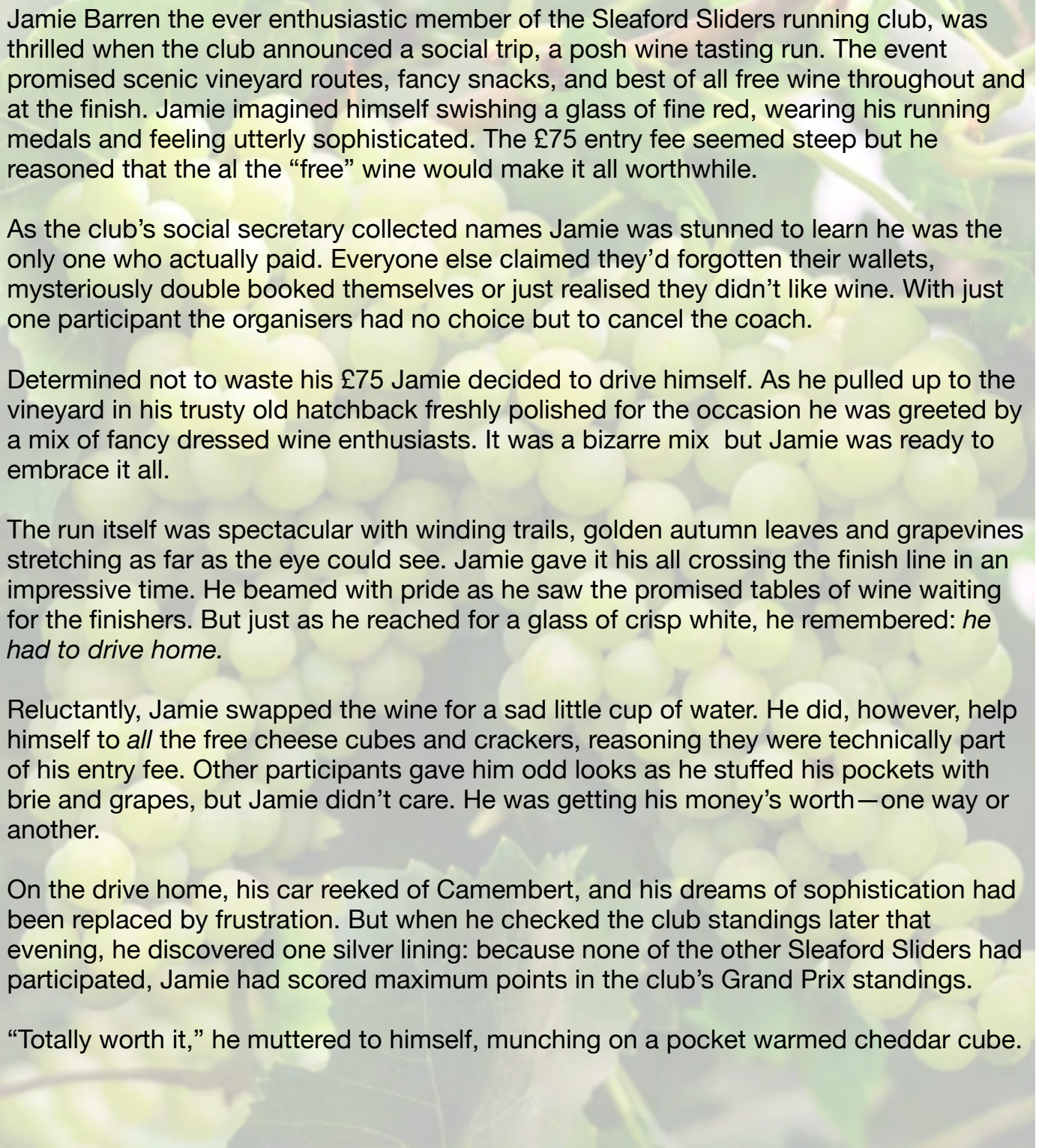
A: As with any training, keep well hydrated. Training is the process of creating lots of small muscle tears so that when your body recovers afterwards it build the muscle back to be stronger than it was before. Protein is an ideal nutrient to consume after training, as it contains amino acids that aid the recovery and build up/repair of muscle. Protein supplements or food (such as eggs or greek yoghurt) that is high in protein is an ideal post-workout snack.

A digital background image featuring a perspective view of a server room with rows of racks and glowing blue light trails, creating a sense of motion and technology.

AI STORY

Every month for a bit of fun we ask AI to write a story for the Newsletter.

Disclaimer : This is a work of fiction. Unless otherwise indicated, all the names, characters, businesses, places, events and incidents in this article are either the product of the author's imagination or used in a fictitious manner. Any resemblance to actual persons, living or dead, or actual events is purely coincidental.

A soft-focus background image of a vineyard with green leaves and yellowing grape clusters, suggesting an autumn setting.

Jamie Barren the ever enthusiastic member of the Sleaford Sliders running club, was thrilled when the club announced a social trip, a posh wine tasting run. The event promised scenic vineyard routes, fancy snacks, and best of all free wine throughout and at the finish. Jamie imagined himself swishing a glass of fine red, wearing his running medals and feeling utterly sophisticated. The £75 entry fee seemed steep but he reasoned that the all the “free” wine would make it all worthwhile.

As the club’s social secretary collected names Jamie was stunned to learn he was the only one who actually paid. Everyone else claimed they’d forgotten their wallets, mysteriously double booked themselves or just realised they didn’t like wine. With just one participant the organisers had no choice but to cancel the coach.


Determined not to waste his £75 Jamie decided to drive himself. As he pulled up to the vineyard in his trusty old hatchback freshly polished for the occasion he was greeted by a mix of fancy dressed wine enthusiasts. It was a bizarre mix but Jamie was ready to embrace it all.

The run itself was spectacular with winding trails, golden autumn leaves and grapevines stretching as far as the eye could see. Jamie gave it his all crossing the finish line in an impressive time. He beamed with pride as he saw the promised tables of wine waiting for the finishers. But just as he reached for a glass of crisp white, he remembered: *he had to drive home.*

Reluctantly, Jamie swapped the wine for a sad little cup of water. He did, however, help himself to *all* the free cheese cubes and crackers, reasoning they were technically part of his entry fee. Other participants gave him odd looks as he stuffed his pockets with brie and grapes, but Jamie didn’t care. He was getting his money’s worth—one way or another.

On the drive home, his car reeked of Camembert, and his dreams of sophistication had been replaced by frustration. But when he checked the club standings later that evening, he discovered one silver lining: because none of the other Sleaford Sliders had participated, Jamie had scored maximum points in the club’s Grand Prix standings.

“Totally worth it,” he muttered to himself, munching on a pocket warmed cheddar cube.

A digital background image featuring a perspective view of a server room with rows of racks and glowing blue light trails, creating a sense of motion and technology.

Running Out Of Time

Behind every newsletter, there's a little chaos, a lot of coffee and endless laughter. This is the Julie Andrews version of conversations we have as deadline approaches.

[Scene: Jo and Ray sitting at their computers, visibly tired but determined, working on the final touches of the monthly newsletter.]

Jo: [squints at the screen] Do you like the colour of the front page?

Ray: It's fine.

Jo: [raises an eyebrow] Fine? What does that mean?

Ray: [sighs, with a smile] It's wonderful, Jo. Really.

Jo: [smiling back] Thank you.

[A few minutes later, Ray notices something on the screen and frowns.]

Ray: [sighs dramatically] Why have all my borders moved? I'll have to spend ages tidying them up. Be more careful!

Jo: [defensively] It wasn't me!

Ray: [half-jokingly] Get off it now—I need to update the results!

[Five hours later, Jo's eyes widen as she opens her inbox.]

Jo: [urgently] I've just received three more articles that I have to put in the newsletter NOW before I forget!

Ray: [muttering under breath] Here we go again...

[Next day. Jo is considering her weekend plans.]

Jo: Do you think I should go to Bevendean parkrun?

Ray: Yes.

Jo: But I've got my injury... and I had a cold this week... and there's a hill...

Ray: Just run through it!

Jo: [looking at her phone] I could go to Seaford and say hello to my sister. She's barcode scanning there.

Ray: You might as well have gone to Bevendean, Jo.

Jo: [groans] But I'm tired...

Ray: Because you were on the newsletter all night.

Jo: Well, we did have a tiring week last week.

Ray: You only went to a fancy dress party!

[A few minutes later, Jo stares thoughtfully out the window.]

Jo: Do you think I should do the Mince Pie run or just go for a run on my own?

Ray: Yes.

Jo: [confused] ...Yes to what?

Ray: Yes to the Mince Pie run!

[Ray goes back to typing, but Jo's internal debate continues.]

Jo: Do you think I should do Snape Wood or look after Spencer so Jen can run?

Ray: Run.

Jo: [in dramatic fashion] BUT MY INJURY!

We hope you enjoyed this month's newsletter, created with love, late nights and lots of laughter!



Gallery



Contact Us

Striders: Your Newsletter Needs You!



Answers to Guess the Junior Coach Quiz



Top Row Left to Right
Emily D, Margaret, Julie



Middle Row Left to Right
Alan, Katherine, Phill



Bottom Row Left to Right
Sara, Emily F, Cutie-Pie Colin

