

SEAFORD STRIDERS NEWSLETTER



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Spring into Summer

Spring into summer, eh? It's like being dragged, frothing and howling, through a meadow by a rabid unicorn on heat! One minute you're tiptoeing through tulips with a polite cough and a sniff of blossom, and the next WALLOP the sun's out, your armpits are weeping and your neighbours are barbecuing things they definitely shouldn't be. Everything's louder, smellier, and sweatier! Birds are mating like drunk celebrities, bees are buzzing on nectar and I'm running, no, hurtling into summer like a man who's just discovered shorts and forgotten dignity. It's madness! It's mayhem! It's bloomin' marvellous!



Victoria Runs the Place



From the Chair

We've all done it... signed up to a race and moaned about the way it is organised, lack of information, they won't let me transfer my place the day before the event, not enough water points, disinterested marshals, over enthusiastic marshals, the route was not marked out properly, the paths were too narrow, not enough portaloos, the wrong type of water cups, they ran out of medals, the medals are cheap & nasty, not enough photos being taken, cancelled too early, cancelled too late, it went on when it shouldn't have, too many trip hazards... the list goes on and on!

But do you think about what it takes to put on that race for which you have trained meticulously?

Event organisation is not easy and involves a considerable level of detail. Many of our local events are organised by local running clubs using technical support offered by organisations such as Nice Work but so many hours of work by club volunteers goes on behind the scenes to bring about your few minutes or hours of racing pleasure. It feels wonderful when everything goes to plan, but it can also be stressful especially as the event day approaches.

Our two events Mince Pie 10 and Seaford Martello Half Marathon are very much appreciated by the runners. In both cases there are very detailed project plans to ensure that everything gets sorted at the

right time, forgetting to do something on the plan could be disastrous but our fantastic teamwork gets us through.

You will regularly see our requests for volunteers for these events. Being trail events the marshals can be in very exposed positions – if it is tough for the runners it can be just as tough for the marshals! The runners absolutely love our marshals and I have to say that runners (especially Seaford Striders!) make the best marshals as you know what the runners are going through.

Please make it easier for our event organisers by volunteering early when the requests are made and not withdrawing close to the event. We try to have some people in reserve just in case but this pool of people can be quickly used up. It can be very stressful making sure the route is adequately covered – we don't want to lose runners if they go the wrong way.

If you are a new member of Seaford Striders then you may not know that we don't take part in the Mince Pie 10 as we need so many volunteers to put this on safely – you will have the opportunity to run the route in our very popular group Mince Pie re-runs (in festive attire).

Other events regularly make requests for marshals and in some cases you are offered free entry to a future events or there are other benefits offered...and whilst talking about volunteering don't forget to do your share of parkrun volunteering, it is very rewarding.



European Duathlon Champs

by Erica Martin

In April I travelled to Rumia in Poland to take part in the European Sprint Duathlon Champs. Despite the long distance, we decided to drive there and had quite an adventure along the way, with overnight stays in several interesting places in Germany, Poland and Belgium. When we finally arrived, we stayed in the nearby town of Gdynia - not the most attractive place but interesting all the same. We had a few days before the race to have a look at the course and work out what was going on.

For those that don't know, a sprint Duathlon consists of a 5km run, 20km bike and a 2.5km run. I was racing for the Great Britain Age Group Team (40-45).

The race started pretty well, and I felt strong on the first run. I was running with a couple of others from my age group who I knew from previous races.

Transition (between the run and bike) went surprisingly well. I'm normally slow in transition and lose time! There was a decent group of us that started the bike together and as drafting is allowed, we were able to work as a group. We caught another group and then another group caught us. We ended up with a group of about 20 riders which was a bit big for my liking as it was getting a bit crowded at times. At the far end of the course there was a U turn. Unfortunately, I was badly positioned towards the back of the group, some of the others slowed down so much that once we'd completed the turn I lost most of the rest of the riders. Lesson learned!

I chased extremely hard to get back with the others but sadly couldn't catch them. I couple of others were with me, but I ended up doing the majority of the work. At least I felt like I'd worked hard.

The second transition was a bit slower (more like my normal ones!) and the two people that had sat behind me on the bike easily passed me. I managed to have a decent second run though and was very pleased with my performance, finishing 8th in my age group.

It was an excellent experience, and we managed to visit some interesting places either side of the race. If anyone is thinking of doing a Duathlon, I would recommend it but would advise practicing running straight after cycling as it can be an uncomfortable experience if you're not used to it!



London Marathon 2025

Running, Striders and the London Marathon

by Sue Curtis



I enjoy, running. I enjoy being part of a group. I enjoy not being taken too seriously. Outside of Striders I have, I feel, a serious life. Home, family, work. Belonging to Striders, I can forget all that and just be the 'a little bit naughty' me! I'm not sure many people are aware (lol), I don't like hills. I love trails, and fabulous views, but they don't like me. I like to moan and complain. But it's not serious moaning, it is just a weird form of my humour... but I still don't like hills.

London Marathon fever hits Striders every year. As soon as the ballot opens, the most asked question at every Strider meet is.... "Have you entered?" If you don't get in on the ballot, the next stage of London Marathon fever is who got in and who's entering for the Striders place.

Along with hill moaning, I am also known for puffing out the words at the end of a half marathon "Marathon runners have to run that all over again! Insane!!" So, my group normally don't normally ask me these silly questions as they know the answer or they would get a chuckle "have you not met me?"

So last year, I thought it would be funny if I actually entered. And after reverberation of mutters "I've entered it for X amount of years and I have never got it" I was ready to say "what a shame, I entered and haven't got in too." to which I was hoping for a group chuckle. Well the last laugh seemed to be on me. I looked at my email, reading and re-reading it. I closed the screen down and went back to it later, nope I had read it right! I had got a 'Congratulations' email. WTA...

I sat and stewed on this information for a bit. I then told my husband, who really was not impressed. I listen to the comments from other Striders. I sat and stewed a bit more. I consulted my closest of running friends. I went on holiday and there I stewed. I knew, I been given a great opportunity that I may never get

again and after my holiday, I decided, to my husband despair, that even if I had to walk it, I was going to do it. Next thing to do, is to tell some of my people. And maybe even start thinking about training.

Now training, where do you start? In the past I ran everything at the same pace. 27mins Park run, 54min 10k and 2:09 Half Marathon. Threshold, tempo, Jeffing, what do all these words mean???? I needed help and I needed it fast.

I don't run Seaford Beach Park Run a lot. For one part it's because it stresses me out too much because I put myself under too much pressure. I do like to marshal it, when I have the time. At one of these runs, I got to chat to Joel, who was at that time coaching at Striders track night. I may have dropped a hint that I may need a little help 'to survive' a marathon. One morning, we met up, over coffee and pastries and after some questions and answers we devise a plan. September would be the start of my London Marathon training.

I shall be vague and not go to in-depth about most of September, October and November. I will only say, it wasn't a great time. Poor Joel and I am sure Emily, had to put up with a lot of incoherent messages from me. There was a lot of me not sticking to daily plans or even weekly plans. Joel tried gently, to stop me from running my personal goal of doing a half marathon a month, but I kept sneaking extra ones in here or there and he took it all without a hint of annoyance or complaint.

It was after my last, sneaky, half marathon when I got injured. Steve Teale had helped pace Goodwood to a 1:55 mins finish. I skipped my Monday run and ran up to Bo Peep on the Wednesday. On the way back (an enjoyable downhill) my left knee slipped out from underneath me just very slightly. It niggled, but nothing disastrous. This niggle went on for another week or two.

Then just before Christmas, we did a progressive training run. My knee was niggling, but nothing too bad, not until I went to run my cool down. The pain was so bad, I wanted to be sick and I couldn't put weight on my left knee. I ended up frozen, walking home all the way from Tide Mills. After that, even if I thought about running, my knee would hurt.

After Christmas, I contacted a family friend and an old Strider member Hayley. She gave me a once over and agreed with me, it was bursitis of my ITB in the knee. She gave me a massage and then a load of exercises with strict instructions, no speed or distance running or elevation work. Only effing jeffing!!

Now those of you who have never heard of the words jeffing, it's soul destroying. It's basically going back to coach to 5k in one fell swoop. For me it was a form of torture. Running and walking the reservation or track in winter, day after day, with no one to talk to. Watching people flying past you, enjoying the outdoors and keeping warm in the heat their bodies produced from their speedy running. But I kept going, because I knew I had to get through it to be able to survive 26.2 miles.

The next month was very up and down. Life was busy, work was busy and I couldn't seem to get over my knee injury. Joel had to throw my personal training plan out of the window and start again. Anything with even the slightest incline, caused an issue. Every week, we had to change something on my plan.

Now, there is one main person I have left out of this essay and also some more back ground information about me. I suffer from exercise induced migraines. When I run with great effort I get a migraine and then I lose my central vision (this happened at Good Wood) Now enters Hazel.

Hazel didn't enter the London Marathon ballot. Last April Hazel didn't even want to do the London Marathon. When Hazel found out that I had got a place in the ballot and knew I would end up running it by myself, she decided that she didn't want me to run it alone and would try to get a charity place to run it with me. Hazel works for the RSPCA. At the beginning of my Marathon journey, she went to her place of work and asked if it was possible that she could have one of their charity places. She was told though it wasn't for certain, that there was a good possibility she would be able to have one of the RSPCA places.

She was told the same thing for many months. Just around Christmas/New Year time, she was told by her work that she hadn't got a place. But that didn't stop her. Her determination knew no bounds. She chose from a list of charities, had to write off to them, fill out forms, write an essay, I'm sure longer than this one, on how she was going to get the sponsorship and had to promise to have a personal trainer of the charity's choice All to run it with me, for which I will always be truly thankful as it made the run for me a bit safer and a lot more fun.

The time leading up to the Marathon went past in a blur of me being conscious that anything I did could lead to an issue with my knee and trying to be ready to run 26.2 miles. I had even annoyed my injury a week before, so we were still nursing it up until the day.

In the week before R Day, TCS started sending out heat warnings. Hazel and I ran Paddock Wood the previous month on a day that was the hottest day of the year so far, I remember lots of people pulling out or collapsing in the road due to heat exhausting. Two

days before R Day, Joel came around to my house, to talk about the race strategy. In our first meeting, he asked me what I wanted from my run. I said, first thing is to survive and then second was if I could do it between 4hrs 30mins and 5hrs that would be amazing. During the meeting, he said "due to the heat warnings, the time is not important. I don't want you to hate every moment of this experience and get to the end and say I will never do that again". We discussed running at a slower pace and the obstacles we would come across during the run, when to eat food pre run and refuelling through the run as well as taking salt tablets. As well as talking about wear a knee brace and what running clothing I was going to wear. And eventually the fact that we had come so far and gone through so much just to get there, where even up to the week before it wasn't certain that I was going to get to the start line.

R day- Sunday

A lot of discussions about how we were going to get our numbers (Hazel went up on the Friday with a friend to get them). How we were going to get there (trains don't leave Seaford early enough, so we went from Haywards Heath).

We got our train but we were stuck for 45mins on it because the track was late reopening after track works. My eldest daughter was our train guide when we got to London, we just followed her. The trains going to Black Wall were crammed full of excited runners rushing to Greenwich. When we got to our station, everyone got off which filled the platform. It was so busy that the train couldn't leave due to safety issues. When we got through the ticket machines we were there and we just followed the crowds. We walked up to the park and towards the holding area where the blue wave would wait. Hazel and then I started to organise our numbers and hydration packs and took on some more fuel in the form of bananas after eating our breakfast on the train (cold porridge eugh). Sophie left us to go and find a friend who was coming up later to be with her. They would meet up with my younger daughter and her boyfriend at some point and it was planned that we would see them again between mile 18 and 20.



First thing first, of course the loos. We cased out the joint and noticed a block of toilets that didn't have big queues and didn't have queues the whole time we were there. We then dropped off our bags, making sure that we had everything that we needed for the day. I kept on an old sweatshirt to stay warm, which I would dump before we started running. We then wandered around the huge holding area, popped back to the loos and found some free cold water they were giving away. We then sat down and waited by the Wave gate watching the large TV or watching other runners running around nervously.

Then it was our time. Wave 13 runners started making their way to the gate. It opened and the first part of my coach's plan: get to the front of the wave (tick).

We stood there clapping off the other waves. We were then slowly let out from the gate and walked down to the start. That was when I decided I needed the loo again *eye roll. We were held at the start line for what seemed like 10mins, but I'm sure it was more like seconds. Next thing I know, the air horn goes and we all start running. Holding back our pace, we ran across the start line taking it all in. Other people flew past us. But we kept it slow and kept on checking on our watches to make sure we followed our plan. The first toilets we saw, we stopped, which I am pleased we did as the further into the run we got the larger the queues were.

Now this was the time we could start getting into our stride. With the heat, we kept it at a leisurely pace, looking at our watches for pace and keeping up with fuelling and salt tablets. We took water at every station and ran through every water spray. We shared sweets and chatted away. I was feeling good enough to swear and moan about the hill around the 7 mile mark but overall, we felt great.

Now the London marathon is amazing. The crowds huge and they are so up for it. It's a celebration more than a race. In some places, it overwhelmed the senses. You run past some amazing views. Tower Bridge I think was my favourite. You run with some great people. At the beginning you are all having fun. By the time I got to 16miles, it stopped being just fun and more of a run. My legs started to feel like they didn't belong to me. It was mentioned that maybe we could have a quick stop and a walk but I knew that I wouldn't be able to start again. At mile 18 and 19, the aches and pains from my waist down started to make themselves known. At mile 20, the head started swimming and I was muttering to myself only 2 park runs to go. Then at 23 miles I was calling out to Hazel, "only a park run, we only have a park run to go". When we got close to Big Ben I knew we only had a mile to go. It was time to dig deep. I think my stubbornness kicked in and I kept calling out to Hazel, hopefully giving her encouragement that we were doing it and that we were nearly there.

It's true, what people say. The last .2 in the 26.2, is very difficult (Thanks Queen Victoria).

We had just run up Birdcage walk and there were marshals closing off the road lanes, moving runners left or right of the road. When we got to them they were just sweeping across the road moving people from the right hand side to the left hand side. When I glanced behind me, I couldn't see Hazel, I wasn't sure if she had got through on the right hand side. I kept looking around and I could see her little silhouette anywhere. I came upon a stern Queen Victoria gazing down the Mall. I knew that the end was close. So I decided that Hazel hadn't got through and so it was just me and then finish line. I dug deep and willed my legs to move with more speed and bounce. I don't remember a lot about the finish. I remember feeling thankful it was over. Then I wondered where Hazel was. And my final thought in those last few moments, 'would my legs every forgive me and work again?' Then I heard my name and turned around to find that Hazel was there. A wobbly hot Hazel. But she did have a smile. I finished in 4hrs 41mins, Hazel finished in 4hrs 41mins and 23 secs.

I am so proud of us and all we have had to go through to get there. I can only apologies, if I go on about it. But I am more than sorry, not sorry. I will be completely honest and concur with the person that told me beware of the post marathon depression. It is real and did happen to me.

Both Hazel and I have put in for London next year. Hazel has made me promise if she gets in, I run for a charity so I can run with her. Which I would do for her in a heartbeat.

I didn't run London for charity, nevertheless watch this space as I may just surprise you for my next trick. Be warned I will be running it for St Wilfrid's and will be hassling you all for sponsorship

Thanks to:

Bronwyn, Kate, Andrew, Ray and Jo and Emily for being cheerleaders all the way along our running journey. For Victoria and Matt for coming up to see us. It's a shame it was so busy we didn't see anyone. For Andrew (Kate's husband) and Alan, for cheering us along whilst they were camping in France. Justine for your encouraging messages. And anyone else that kept our secret or helped us knowingly or unknowingly. You are all stars!

But most of all, thank you, Hazel and Joel.



Recent Results

The Bath 50 Ultra Challenge - 29K. 29/03/2025

80 Lucinda Dopson 04:47:29

Dorney Duathlon 05/04/2025

Erica Martin

Run 00:20:50 Tr 00:00:45
Bike 00:37:21 Tr 00:00:59
Run 00:09:40 Total 01:09:40(gun)

Ibiza Half Marathon 05/04/2025

2439 Justine Ridgeway 02:19:44

Brighton Marathon 06/04/2025

Pos
182 Matt Clare 03:00:00
401 James Marron 03:11:48
433 Joshua Rudd 03:12:55
1214 Fabian Eason 03:32:42pb
1480 Nick Farley 03:37:22
1596 Aaron Pooley 03:41:27pb
3161 Kristiane Sherry 03:56:55
6820 Ollie Sprague 04:34:43
7191 Darren Wymer 04:38:48

Berlin Half Marathon 06/04/2025

9625 Dave Dunstall 01:46:16
27288 Gary New 02:18:05
27293 Jill New 02:18:06
27554 Kay Crush 02:18:43pb
27555 Debbie Priest 02:18:51
33465 Jeanette Wells 02:46:57pb
33961 Lorraine Quigley 02:54:05

London Landmarks Half Marathon 06/04/2025

*(Shortened course due to Accident)

232 Damian Partridge 01:25:049pb*
4084 Graham Jones 01:50:15

Southampton Marathon 06/04/2025

394 Robert Sarjeant 03:57:06

Lighthouse Race Lanzarote 13.6km 07/04/2025

2(W) Sam Alvarez 01:05:25
8(M) Russell Hewlett 01:06:27

Ibiza Marathon 12/04/2025

848 Adam Haverly 004:44:45

Centurion SDW 50 12/04/2025

25 Joel Eaton 08:30:41
129 Russel Davis 09:55:52
187 Emily Danvers 10:38:39
593 Zingy Thetho 12:29:37

Kent Spring Half Marathon 13/04/2025

88 Richard Preece 01:45:39

Kent Spring Marathon 13/04/2025

101 Steve Green 04:28:05

Newport Marathon 13/04/2025

59 Richard Impey 02:45:58pb

Martello Half Marathon 13/04/2025

4 Jack Hutchinson 01:26:14
6 Josh Nisbett 01:28:3
15 Fabian Eason 01:36:41
19 Austin Warren 01:38:12
30 James Smith 01:42:00
31 Samantha Alvarez 01:42:11
33 Simon Wattam 01:43:44
35 Tom Bell 01:44:54
36 Ollie Card 01:45:33
41 Russell Hewlett 01:47:00
48 James Dopson 01:50:51
50 Fabrizio Ferioli 01:51:09
60 Bryony Clarke 01:53:55
63 Matthew Winton 01:54:54
68 Kathryn Warren 01:56:20
87 Peter Jaques 02:02:00
109 Sam Horscraft 02:08:33
111 Ollie Sprague(pe)(hungover) 02:09:00
112 Mark Andrews 02:09:07
126 Martin Robards 02:11:07
132 Katherine Simmons 02:14:32
136 Simon Homer 02:16:38
140 Leslie Mayger 02:19:44
146 Lucinda Dopson 02:21:33
152 Tom Forristal 02:24:51
153 Simone Amis 02:26:09
157 Kellie Snow 02:27:02
160 Lauren Stallard 02:29:09
163 Ali Batchelor 02:31:48
178 Jo Robinson 03:03:29
179 Jeanette Wells 03:03:29

Manchester Marathon 27/04/2025

5175 Stephen Marsden(eastbou) 03:42:51

Madrid Marathon 27/04/2025

190 Jack Hutchinson 02:54:59pb

Lewes 10K 21/04/2025

5 Phill Stevenson 00:38:02
127 Joshua Rudd 00:48:29

Recent Results

Texas Full Ironman 26/04/2025

2.4 mile swim/112mile bike/ Marathon

Rolando Hutchinson

Swim	01:29:49	Tr	00:08:26
Bike	06:01:40	Tr	00:10:57
Run	05:18:14	Total	13:09:05

European Duathlon Poland 26/04/2025

Erica Martin(Great Britain)

Run	00:19:57	Tr	??
Bike	00:35:15	Tr	??
Run	00:09:41	Total	01:06:34(gun)

Brighton to London Ultra 100k 26/04/2025

5 Kevin Pryde 11:14:00 Cr

London Marathon 27/04/2025

709	Ollie Sprague(pe)	02:41:18
14807	Damian Partridge	03:51:51
17028	Dan Axson	03:58:02
18425	Kristianen Westray(Sherry)	04:01:59
30491	Sue Curtis	04:41:00
30602	Hazel Tarrant	04:41:23

Angmering Bluebell Trail 10 Mile 27/04/2025

49	Ralph Jennings	01:20:02
50	Richard Preece	01:20:06

Rathfinny 10.7K 27/04/2025

2	Joshua Nisbett	00:44:37
3	James Marron	00:46:12
41	Alison Househam	01:05:19
47	Ron Van Heuvelen	01:06:46
101	Dominic Hind	01:17:36
105	Leslie Mayger	01:17:54
109	David Hayes	01:19:10
115	Justin Wright	01:24:41
140	Sally Mayger	01:34:36

Rathfinny Half Marathon 27/04/2025

19	Richard Allan	02:00:39
20	Fabrizio Ferioli	02:02:03

Worthing 10K 04/05/2025

67	James Dopson	00:41:47
451	Lucinda Dopsom	00:54:35
724	Kay Crush	00:59:38
725	Lauren Stallard	00:59:38
831	Kathryn Donkin	01:02:17
877	Debbie Priest	01:03:31
1203	Jeanette Wells	01:12:39
1260	Sandra Standen	01:16:22

Worthing Half Marathon 04/05/2025

35	Rolando Hutchinson	01:26:24
49	Fabian Eason	01:27:15pb
281	Gary Collins	01:39:50
703	Robert Fay	01:52:35
1388	Trevor Jones	02:12:42
1440	Tom Forristal	02:14:43
1505	Leslie Mayger	02:18:33
1658	Jo Robinson	02:28:07
1768	Julie Fannon	02:41:07
1796	Victoria Maleski	02:46:17
1842	Sarah McDermott	03:22:08

East Grinstead 10 Mile 03/05/2025

25	Alan Brown	01:19:44
53	Richard Preece	01:26:00
113	Peter Jaques	01:36:21
151	Ron van Heuvelen	01:45:03
189	Katherine Simmons	01:52:46
190	Paula Tiller	01:52:47
221	Paul Swinnerton	02:01:09

Haywards Heath 10 Mile 04/05/2025

9	Joshua Nisbett	01:02:20
12	Gareth Hutchinson	01:03:01
21	James Marron	01:04:10
51	Luke Borland	01:09:12
69	Steve Sprague(pe)	01:12:53
125	Richard Preece	01:18:06
153	Kevin Ives	01:21:38
190	Peter Jaques	01:24:55
296	Katherine Simmons	01:37:02
338	Paula Tiller	01:43:54
366	Paul Swinnerton	01:48:27

Milton Keynes Marathon 04/05/2025

-	Sam Alvarez	DNF(dizzy)
1489	Russell Hewlett	03:58:57

Three Forts Marathon 04/05/2025

45	Aaron Pooley	4:22:33
127	Steve Green	5:27:29
159	Thetho	6:01:29

Barcombe 6K 05/05/2025

92	Eleanor Woolcott	00:41:43
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Burgess Hill 10K 05/05/2025

44	Richard Preece	00:49:20
123	Peter Jaques	00:55:41
227	Paul Swinnerton	01:04:40
228	Katherine Simmons	01:04:43
229	Paula Tiller	01:04:44

Recent Results

Brighton Track Night 07/05/2025

300m

H2 6 Ava Danbury(U15) 00:51:58

600m

H1 11 Reuben Danbury(U13) 02:01:85

1500m

H3 4 Phill Stevenson 04:40:59 CR

H5 1 Alfie Batchelor(U15) 04:29:51 CR

H5 9 Gareth Hutchinson 05:10:34 CR

Run to the Sea 50K

63 Emily Danvers 5:36:26

150 Kathryn Warren 6:07:42

161 Matthew Winton 6:13:46

176 Phil Robinson 6:19:58

200 Russell Hewlett 6:31:05

199 Martyn Craddock 6:31:06

207 Lisa Parkinson 6:32:51

237 Adam Haverly 6:41:57

247 Simon Homer 6:48:23

Horsham 10K 11/05/2025

7 Richard Impey 00:37:56

15 James Marron 00:39:57

327 Kate Lewis 01:04:16

395 Jo Robinson 01:12:45

412 Kate Parkinson 01:16:48

420 Jenny Hunter 01:22:26

Seaford 10K 11/05/2025

3 Ollie Sprague(peace) 00:34:40

18 Fabian Eason 00:39:29

52 Simon Wattam 00:44:44

74 Paul Willis 00:46:38

75 Tom Bell 00:46:45

147 Jennifer Williams 00:55:43

191 Melissa Luckin 00:59:02

220 Helen Ramsay 01:01:36

236 Katie Mayo 01:03:14

237 Gavin Wright 01:13:15

265 Chris Le Beau 01:06:46

301 Lindsay Baker 01:10:28

334 Phil Baker 01:23:04

Brocken Hurst Naked 10K 18/05/2025

- Steve Sprague (pe) 00:21:12

- Richard Preece 00:22:29(stra)

Northdowns 50 Mile 17/05/2025

254 Steve Green 12:46:09

Bognor 10K 18/05/2025

1186 Chris Le Beau 01:02:25

Rye 10 mile 18/05/2025

1 Ollie Sprague(peace) 00:57:16

8 Richard Impey 01:01:33

15 Gareth Hutchinson 01:04:45

19 James Marron 01:05:09

131 Olivia Wickendon 01:27:33

Hackney Half Marathon 18/05/2025

3329 Ralph Jennings 01:39:15

4762 Tom Bell 01:43:25

6770 Jennifer Williams 01:48:33

Manchester 10K 18/05/2025

11821 Victoria Maleski 01:10:18

Hailsham 10K 18/05/2025

109 Kay Crush 01:00:55

129 Lauren Stallard 01:06:56

134 Jo Robinson 01:08:02

158 Hayley Cole 01:24:30

- Kate Lewis DNF(got lost)

Grand Union Canal 145 Miles 23/05/2025

22 Kevin Pryde 39:36:00

Eastbourne Mile night 24/05/2025

4 Josh Nisbett 05:12:74

1 Reuben Danbury(U13) 06:15:21

1 Ava Danbury(U15) 06:46:72

Edinburgh Marathon 25/05/2025

1996 Chirag Patel 03:40:22

Bowl Water Triathlon(awaiting results)

UK Ultra Half Marathon 25/05/2025

24 Fabrizio Ferioli 02:14:04

79 Justine Ridgeway 03:09:46

Uk Ultra 20 Mile 25/05/2025

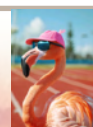
37 Sam Horscraft 03:54:21

62 Janine Bishop 05:07:34

UK Ultra 50K 25/05/2025

148 Zoe Hall Zschenderlein 06:59:49

For enquiries about results and club records, please
contact Ray Smith
newsletter@seafordstriders.org.uk



Mid Sussex Marathon



By Katherine Simmons

I had a long wait to take on the Mid Sussex Marathon, having had to defer my place from last year.

It's a run I've always wanted to do, having gone to school and lived in both Burgess Hill and Haywards Heath and edited the local newspaper in East Grinstead. So also the chance to have a nose around and see what's changed. The three runs take place over three consecutive days on the first May Bank Holiday to make up the marathon distance.



Day 1 of 3!

First up was East Grinstead - on a blisteringly hot day! Raring to go at East Grinstead Rugby Club was Ron, Alan, Rick, Pete, Paula and Paul. This 10 mile had the highest percentage of trail of all the runs and an elevation of over 600ft. The pretty route, which goes part of the way around Weir Wood reservoir, included styles and kissing gates to navigate plus dried up rutted cow fields, cow pats and exposed tree roots. Mercifully some of the route also took us through the former railway line, the Worth Way, for some much needed shade.

While I would say I ran most of the route with Paula, finishing together, I have never been a fan of running in the heat and walked both the steep and sun exposed uphill. I also had the excuse that I wanted to heed the advice of some MSM veterans not to overcook it on day one. I did exactly that, finishing in 1:53.



1st day completed!

Sunday, day two, was very familiar territory at the Haywards Heath 10 mile, which I have ran twice before. As this is a run that's on the Sussex Grand Prix calendar, and with a route that's mainly on road or made up track, it's also the one that brings in the fasties alongside our three day eventers Rick, Paul, Paula and Pete. We also had fantastic team support from Ralph and Ron who both popped up to cheer in Ashenground Woods and at other points on the run.

This race is two 5 mile loops of Haywards Heath, starting in the closed off main shopping street South Road and snaking through Ashenground and Bolnore Woods, Bolnore Village and Beech Hurst and Victoria Parks. It's a run that brings back memories of my boys playing in the parks and woods and pushing a double buggy into town - which was probably harder than running. I also got to wave to two of my old neighbours along the route who always come out to watch!

Thankfully the temperature had cooled off a bit from Saturday's heat. I was very pleased to finish in 1:37, just three minute's slower than my 2023 time, when I hadn't run 10 miles the day before!

While we were pacing ourselves for the whole event, it was also great to toast the success of our speedy Striders Josh, Gareth and James bringing home the men's team trophy for the race.

From Haywards Heath, we went straight to my mum's house in Burgess Hill. On a quick route recce in the evening we found the usual mud on the course was baked solid, which helped me choose the correct shoes from the bag of options I had bought with me!

On Day 3, it was definitely more difficult to get out of bed and my legs were definitely feeling the 20 miles from the two days before. Being so close to this race, I actually got a lie for the 10:30am start time, but being able to see the fields from my bed soon brought the final run into focus! It had had briefly started to rain and actually felt a bit chilly.

Ron dropped me off at my old secondary school, which was, back then, known as Oakmeeds. The team of Rick, Paula, Paul and Pete (with cheerleader Ralph) were soon reunited and we were on our way to getting the full Mid Sussex Marathon medal.

My goal for the final day was just to get around, hopefully still managing to run! This was made so much easier and more enjoyable by running and chatting the whole race with Paul and Paula. The Burgess Hill 10k is mostly run around two laps of Batchelors Farm nature reserve. At just over 400ft, it has the lowest elevation of the three days but there's still a bit of a climb on one of the fields up to the water tower.

It was also the run where the mums turned up! Giving brilliant vocal support on the course was Ron, Paula's mum and auntie and my mum with Sam and Thomas, who had been briefed to give big cheers to all of our Striders!

Coming down Chanctonbury Road to the finish, there was then a lap of the school's grass track to navigate. The last time I'd done that, I was wearing navy nylon shorts and a gym skirt!

Coming into the finish at 1:04, it was me and Paula's vision that we'd all run and finish together... except that we'd probably not communicated that to Paul. He was determined to finish strong and suddenly speeded up, leaving me and Paula in his tracks as he crossed the finish and shouting like fishwives in a video that was brilliantly captured by our staunch supporter Ralph. A properly beautiful moment followed when Pete came over for a group hug. We'd done it!

The MSM experience was definitely worth waiting for. I was delighted to finish 4th in my age category in a total time of 4:34:21. Not only did I gain the satisfaction of having achieved a distance that I had never run before over three days, but I also got to enjoy the sheer brilliance of Striders teamwork and awesome support from our non-running supporters. In some ways, it felt like a bigger, more intense version of cross country, where you meet and greet the same runners from different clubs over three days - and you get a very big, shiny and rather beautiful three-in-one medal!



Men's team champions James and Gareth (less Josh). 🍌 and with Josh substitute, Kevin.



COMPETITION TIME!!!

Not many people know this but editor Ray recently achieved his aim of a sub 20 parkrun. Since this momentous occasion, he has temporarily retired from running, to rest his Achilles injury.
Can you guess what he been up to since taking a break from the sport?

CAPTION THIS!



WRONG ANSWERS ONLY

submitted by Austin (lurking around back alleys)

Club Records

Through extensive research, including internet searches, old newsletters, results websites, press releases, and Power of 10, I have aimed to compile an accurate representation of these records. However, this list is not exhaustive and may contain inaccuracies and missed results. By publishing these records I encourage all members past and present to review, challenge and submit updates or new achievements. The club records are maintained and verified by myself Ray Smith. For the top three times at each distance please visit the club website.

	SF	Time	Location/Event	Date	SM	Time	Location/Event	
5k	Katy Oxborrow	00:19:55	Rye Classic	15/07/2006	Ollie Sprague	00:15:41	Bushy Park P/R	31/08/2024
10k	Katy Oxborrow	00:38:47	Brighton	1994	Bob Eade	00:32:39	Chichester	1998
10 mile	Katy Oxborrow	01:03:06	Worthing	1994	Bob Eade	00:54:48	Worthing	1996
Half Marathon	Vicki Boyle/Clarke	01:27:59	Brighton	1996	Bob Eade	01:12:14	Brighton	1998
Marathon	Nicky Brenchley	03:09:43	London	2002	Ollie Sprague	02:37:13	Amsterdam	20/10/2024
	FV40				MV40			
5k	Erica Martin	00:19:42	Seaford Equinox	21/06/2023	Joel Eaton	00:16:51	Seaford Beach P/R	24/12/2022
10k	Liz Lumber	00:42:20	Stratford	05/11/2011	Bob Eade	00:33:03	Chichester	01/02/1999
10 mile	Natalie Dawson	01:19:41	Rye	27/05/2012	Brian Tickner	00:56:01	Woking	01/05/1994
Half Marathon	Wendy Joy	01:30:40	Hastings	15/03/2009	Bob Eade	01:14:15	Barns Green	25/10/1998
Marathon	Liz Lumber	03:25:40	London	13/04/2008	Brian Tickner	02:37:54	London	18/04/1993
	FV50				MV50			
5k	Sam Alvarez	00:20:15	Seaford Beach P/R	22/03/2025	Simon Fletcher	00:17:16	Brighton P/R	06/09/2014
10k	Sam Alvarez	00:42:31	Newhaven	19/01/2025	Simon Fletcher	00:35:34	Brighton	16/11/2014
10 mile	Louisa Scola	01:24:56	Rye	25/05/2014	Simon Fletcher	00:58:13	Brighton	18/10/2015
Half Marathon	Sam Alvarez	01:34:38	Paddock Wood	09/03/2025	Simon Fletcher	01:17:52	Bath	13/03/2016
Marathon	Louisa Scola	03:57:09	Brighton	14/04/2019	Simon Fletcher	02:41:42	Yorkshire	09/10/2016
	FV60				MV60			
5k	Alison Househam	00:23:40	Seaford Beach P/R	20/11/2021	Dave Dunstall	00:18:47	Seaford Beach P/R	27/05/2023
10k	Hilary Humphreys	00:52:02	Chichester	08/02/2015	Dave Dunstall	00:39:00	Gravesend	21/11/2021
10 mile	Hilary Humphreys	01:31:35	Haywards Heath	04/05/2014	Dave Dunstall	01:05:32	Portsmouth	17/10/2021
Half Marathon	Hilary Humphreys	02:01:30	Hastings	19/03/2017	Dave Dunstall	01:25:13	Manchester	10/10/2021
Marathon	Victoria Maleski	07:36:05	Beachy Head	22/10/2022	Simon Fletcher	02:53:13	Valencia	03/12/2023
	FV70				MV70			
5k	Hilary Humphreys	00:28:25	Brueton P/R	18/05/2019	Tony Cross	00:21:25	Eastbourne P/R	27/07/2019
10k	Sandra Standen	01:08:10	London Vitality	02/05/2022	Terry Ward	00:50:42	Hove	21/10/2018
10 mile	Sandra Standen	02:03:32	Portsmouth	15/10/2023	Leslie Magyer	00:89:09	Portsmouth	15/10/2023
Half Marathon	Sandra Standen	02:36:26	Brighton	23/02/2020	Graham Jones	01:52:53	Paddock Wood	09/03/2025
Marathon	No entry				Leslie Mayger	05:00:10	Brighton	07/04/2024

First Claim and Non-Affiliated Members

Any first claim member or solely Seaford Striders non-affiliated member is eligible for a club record. There are no restrictions on the clothing worn or the team they represent during the event.

Second Claim Members

Second claim members may qualify for a club record if they meet the following criteria:

They enter the race as a Seaford Strider.

They do not wear the colours of their first claim club.

They participate in an event exclusively for Seaford Striders members.

Exceptional Circumstances

The Seaford Striders Committee retains the discretion to recognise exceptional performances or circumstances that may fall outside the above criteria.

Club Records

Below are club records for distances up to 3000m achieved at various meetings and during our own Striders track nights in Lewes. We hope to fill in the gaps this year by participating in more events.

	Men	Time	Location/Event	Date	Women	Time	Location/Event	Date	
100M									
SM/SF	Alan Browne	13.69	Lewes	08/07/2024	Jennifer Williams	14:38	Lewes	08/07/2024	
VM/VF40									
VM/VF50	Russell Hewlett	15:50	Lewes	08/07/2024	Jo Bruggenwirth	17:27	Lewes	08/07/2024	
VM/VF60									
200M									
SM/SF	Dylan Jones(U17]	23:17	Crawley	11/06/2022	Jazz Dymott	34:30	Lewes	11/07/2021	
VM/VF40									
VM/VF50	Gareth Hutchinson	33.71	Lewes	08/07/2024	Jo Bruggenswirth	37:02	Lewes	08/07/2024	
VM/VF60					Victoria Maleski	50:48	Lewes	08/07/2024	
400									
SM/SF					Jennifer Williams	01:16:73	Lewes	08/07/2024	
VM/VF40	Alan Browne	01:06:67	Lewes	08/07/2024	Jemma Vile	01:24.10	Eastbourne	12/06/2024	
VM/VF50	Gareth Hutchinson	01:16:25	Lewes	08/07/2024	Sam Alvarez	01:23:81	Lewes	08/07/2024	
VM/VF60					Victoria Maleski	01:55:46	Lewes	08/07/2024	
800									
SM/SF									
VM/VF40	Gareth Hutchinson	02:29:70	Lewes	12/6/2017					
VM/VF50	Ray Smith	02:44.03	Lewes	08/07/2024	Sam Alvarez	03:11:16	Lewes	08/07/2024	
VM/VF60					Victoria Maleski	04:19:23	Lewes	08/07/2024	
1500									
SM/SF/JUN	Alfie Batchelor(u15)	04:29:51	Brighton	07/05/2025					
VM/VF40	Phill Stevenson	04:40:59	Brighton	07/05/2025	Jemma Vile	06:11:20	Eastbourne	12/06/2024	
VM/VF50	Gareth Hutchinson	05:10:34	Brighton	07/05/2025	Sam Alvarez	06:12:78	Lewes	08/07/2024	
VM/VF60									
1 Mile									
SM/SF	Jamie Stenning	04:40:00	Seaford		Amanda Feast	06:00:48	Eastbourne	24/05/2024	
VM/VF40	Gareth Hutchinson	05:20:20	Crawley	04/05/2017	Lynsey Millar	07:08:00	Lewes.	17/08/2024	
VM/VF50	James Marron	05:22:96	Lewes	19/08/2023	Sam Alvarez	06:21:24	Lewes	18/03/2024	
VM/VF60	Dave Dunstall	05:42:19	Lewes	19/08/2023	Victoria Maleski	09:08:20	Lewes	18/03/2024	
3000									
SM/SF	Richard Impey	09:49:49	Worthing	18/06/2024	Anneka Redley-Cook	12:49:95	Lewes	08/07/2024	
VM/VF40	Gareth Hutchinson	10:47:02	Lewes	04/07/2016					
VM/VF50	Austin Warren	12:00:14	Lewes	08/07/2024					
VM/VF60									

New club records this month

Erica Martin women's 5K club record 00:19:42

Phill Stevenson V40 1500m (briefly held overall club record until Alfie in the next heat)

Gareth Hutchinson V50 1500m 05:10:34

Alfie Batchelor(U17)mens overall 1500m and senior male. 04:29:81

Kevin Pryde 100K 11:14:00

Rathfinny 10K



By Sally Mayger

I decided to do the Rathfinny Run as it's local. We arrived in plenty of time to register and then met up with some fellow Striders. It's always lovely to see these friendly faces. There was also time to enjoy the glorious views before the start of the run.

I'd signed up for the 10K and started right at the back. I ran a bit with the back marker and had a lovely chat, except on the hills, when chatting became a bit more difficult! The weather had warmed up, which made the run a little tougher, but I soon found a pace I was happy with (which included some walking).

It was such a welcome sight to see the water station. I filled up my bottle, threw some water over myself, which felt amazing, then filled my bottle again and carried on.

I kept going all the way to the end, cheered on by the brilliant supporters and the lovely marshals, all the way to the finish line. I collected my medal, then tucked into some refreshing watermelon and delicious cake, definitely worth doing the 10K for that!

Though the course was rather hilly, it was really well marked and easy to follow. A big thank you to everyone who helped organise or run the event, you all did an amazing job.



Congratulations to Josh and James who placed second and third in the mens category at Rathfinny 10K.



BRIGHTON Marathon



James 03:11:48



Kristiane 03:56:55



Fabian 03:32:42



Joshua 03:12:55



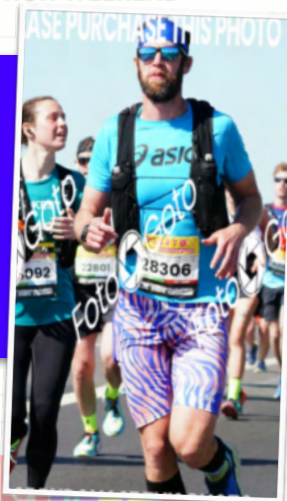
Matt 03:00:00



Ollie 04:34:43



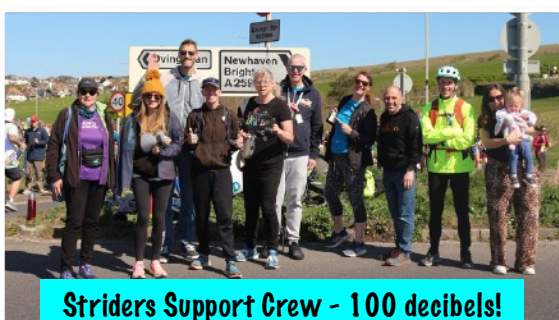
Nick 03:37:22



Aaron 03:41:27



Darren 04:38:48



Striders Support Crew - 100 decibels!

A Run Up North - Manchester 10K

by Victoria Maleski

My daughter lives in Preston and she had asked if she could support me in a race somewhere around there. As I had done a few runs in the Great Run series I got one of their promotional emails including the Great Manchester Run so decided to go for that.



The choice was a half marathon taking in both the Manchester football grounds or a 10k which went past Old Trafford. After discussion with my daughter we chose the 10k as the half marathon started from 8:30am and it would be a very early start from Preston to get there in time.

So on a warm sunny day we set off for Manchester with my daughter and her boyfriend. The plan was to drive to the Trafford Centre where you can park for free, then get the tram to Deansgate. I would swap tram lines and go on to St Peter's Square and they would go back to Wharfside and hope to see me on one of the out and back sections.

This all worked well and I arrived in good time for my scheduled 12:05 start. The Great Manchester Run has about 35,000 participants – quite an achievement for a fairly congested inner urban start area. It was brilliantly organised for that volume of people and although it was inevitably busy it did not feel overcrowded or oppressive at any time. This was demonstrated by the ease of finding the obligatory portaloo – there were actually short queues – no more than 6 or 7 people!

Suitably refreshed after my portaloo visit I went and joined the assembly area. I walked there following the event signage and passed by the entrance to China Town. Once in the assembly area I managed to get near the front – I could just about see to the front of the first wave and heard the announcer say we would be going past the running royalty of Keeley Hodgkinson, Kelly Holmes and Anne Packer.

Once we had done the warm up the first wave went off, then it was my turn. My plan was to take it easy. I wasn't that familiar with the course other than the brief description on the website



and it was a hot day so I followed the recommendation of taking water with me. I loved the support and entertainment throughout the route.

In the back of my mind was how I felt when I had done the Worthing Half a couple of weeks before. This had been a difficult event for me – I knew I hadn't done enough training and my shoulder injury meant my running form was poor. It had been painful from about 4 – 5 miles in, but I finished even though I ended up walking more than I was running. I didn't want to repeat the discomfort I had gone through at Worthing.

Obviously it helped that Manchester was "only" a 10k and I was determined to make sure my form was better and walking was included in my strategy. I enjoyed the event as I had taken away the pressure I might otherwise have felt.

The best bit was that I saw my daughter and her boyfriend twice as planned.

I finished in 1 hour 10 minutes but to me the time was not important. The event was part of a lovely family day out.

We got the tram back to the Trafford Centre, had a well earned lunch there and after a bit of a wander around the centre headed back to Preston.



Seaford Martello Half 2025

THE MARTELLO HALF MARATHON: A SUNNY SLOG UPHILL (WITH PLENTY OF WIND!)



Ah, the Martello Half Marathon. Not your average Sunday morning jog, unless your average jog involves multiple hills, gale force gusts and cheery Striders popping out of hedgerows with tambourines and jelly babies.

This year's edition of the beloved local race was classic Martello: sunny, windy, and unmistakably hilly. The kind of “scenic” that makes you question your life choices around mile 5, but in the best possible way.

Striders were out in force, running, marshalling, cheering and telling you look strong (even though you probably don't!).

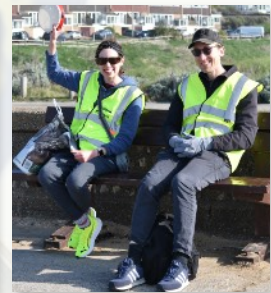
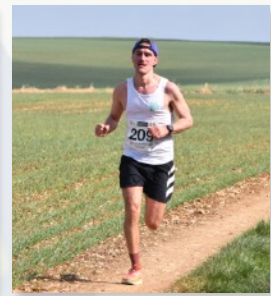
The course itself? A perfect balance of beauty and brutality. Rolling hills to remind you that flat routes are for cowards, picturesque views to distract you from the lactic acid creeping up your legs and a breeze strong enough to blow your race plan into the sea. Glorious.

What makes the Martello so special (besides the charming potential for sunburn and shin splints) is its vibe: low key, no pressure and wholly welcoming. Whether you're chasing a PB or just here for the views and vibes, this race gives you a proper run for your money, with zero judgement and plenty of local love.

And let's not forget the medal, chunky, shiny and cool enough to make your mates jealous on Strava. Totally worth the pain.

So here's to the Martello: a tough, cheerful, community driven beast of a race. It's got hills, heart and enough wind to power a small village. See you next year, definitely worth a try if you haven't done it before.

Sam Alvarez



Seaford Martello Half 2025

By Jo Robinson

I've done a few half marathons, but the Martello Halfway my first off-road.

I'm not great at trails, so I entered it with a certain amount of denial. I wasn't going for a time, I just wanted to finish and to earn the medal that Lauren had designed.

Two years ago, I stood on the sidelines watching Jeanette finish her first half marathon here. I watched in awe, thinking I never could.

But this year with 6 half marathons under my belt I did. I even managed to convince Simone to enter and she whipped round the course with no training. I suspect we've got a star in the making there.

As we lined up at the start with the other Striders, I felt a real sense of pride. I wasn't nervous, just determined to enjoy it.

We set off along the seafront, waving at familiar faces and I held back instead of going out too fast, like I usually do. Up to the A259 crossing, being managed by Seaford Bonfire Society (many of whom are Ray's family), through Bishopstone, with waves to friendly Striders who were marshalling. So far, so good.

Then came Poverty Bottom.

Struggling halfway up, I let out what I *thought* was a Darren Evans style whoop, but a woman behind me asked if I was okay as it sounded more like a scream. I walked from that point on until I saw Ray who told me I was doing really well. I didn't think so and after fleecing him for sweets, carried on in a bit of a mood.

I saw a group of runners coming the other way from a higher path and I kept running. Turns out I had run the wrong way as the runners had blocked my view of the marshal. One of them ran after me to warn me and I was fuming as I turned back to retrace my steps. I luckily spotted the marshal I'd missed and discovered it was Kate, my sister jumping and waving. Suddenly I felt better. She gave me sweets and a big smile and I knew Julie and the water station must be near.

I was 10 minutes ahead of the



cutoff, which was a relief but I still shudder thinking what might've happened if no one had stopped me. It felt like Rathfinny all over again. *Am I turning into Jeff?* I pondered.

Suddenly, Jeanette appeared. I've never been so happy to see someone. We ran together from there. I am *not* good on trails or hills (which does make you wonder why I entered), but Jeanette was amazing. Every time I thought the worst was over, another hill appeared. Without her, I would've struggled so much more.

At one point my phone switched into emergency mode so no music, which I usually rely on as a sort of painkiller. But in another act of kindness, Jeanette lent me her headphones. People are so kind, like Lauren was when she lent me hers for Brighton. I always try to pay it forward.

I only threatened to drop out twice but my phone was still out of action so I had no one to call. Jeanette told me firmly not to be silly and we kept going.

We relaxed at the second water station until we spotted the tail walkers. Panic! We made a dash for it and Jeanette told me to go ahead, but there was no way I'd leave her. We'd done the journey together.

At 10 miles, we laughed and said "It's just a parkrun!" and ran on, cheered by lovely marshals. But then, just as we were heading down a narrow path, I heard a *thud*. I turned around and Jeanette was flat on the ground, her sunglasses broken and blood coming from her forehead.

She didn't want a fuss, but I knew a head bump could be serious. My phone was finally fully functional again, so I called Ray, who was luckily at the next marshal spot with Margaret, who patched her up with a plaster, and off we went again for the final stretch.

Back on the seafront, Jeanette's fan club cheered us in. We joked about getting an ice cream but ran to the end and crossed the finish line together.

Thank you to those who waited for us to finish. I *would* say I'll enter again next year, but Jeanette's convinced a group of us to sign up for the Brighton Marathon... another race way out of my comfort zone!



Run to the Sea



Run to the Sea: 50km of Sweat, Cows & Questionable Decisions

by Kathryn Warren

On Saturday 10th May myself and a group of Striders willingly signed up for 50km of scenic suffering known as the Run to the Sea Ultra, my third ultra to date. And yes, I know I said I would never run another ultra after my last one but much like child birth, in time you do forget the pain!

The crew was made up of Russ, Lisa, Adam, Emily, Simon, myself and the ultra virgins Matt 'the Sea-gull rescuer' and Smarty Martyn. The race starts at Christ's Hospital in Horsham and finishes at the seafront in Hove where you're rewarded with a medal, a Mr Whippy and possibly a minor identity crisis.

The route had it all: jaw-dropping views, hills that broke my spirit, a surprise shower from a cow and a lovely scenic tour of Brighton's lesser-known shrubbery. What more could you ask for?

Things began deceptively well, the first stretch along the Downs Link was flat, shaded by trees and surprisingly pleasant to run. With the temperature sitting at 18°C and dappled sunlight filtering through the leaves like an Instagram-worthy woodland scene, I found myself almost enjoying it.

I started out with the Striders posse with full intention of having a relaxed trot across the course and a well-timed pub stop if things got too dire. But Matt and I somehow fell into a faster pace (entirely unintentional I promise) and before we knew it we'd separated from the others. Poor Matt, he ended up stuck with me and my increasingly random chatter for the next 40km. #PrayForMatt

At 25km, the honeymoon ended and the South Downs Way began, starting with the infamous "death hill", a two-mile uphill section that saw our pace plummet to something similar to that of a snail in treacle in a heatwave. As the intensity increased so did the temperature, it was getting very hot. Thank goodness for the beautiful panoramic views at the top!

Sadly, Matt started to fall victim to calf cramps and had to stop every so often for an impromptu stretching session. Ever the supportive comrade I took full advantage of these breaks, either standing still munching another jelly baby or slowing to a dignified shuffle while Matt moaned, cursed and then pressed on with the grim determination of a man starring in a low-budget endurance film. Inspirational stuff really.

The support on the course was top tier with aid stations every 10km (flat Coke, I love you), kind volunteers and the one and only Sam Alvarez who managed to pop up at the exact moments we needed a boost, finding us on route was a harder challenge than actually running the race!

Then came the plot twist at 35km, picture this: we're running downhill through a peaceful field of cows, the intensity of the heat was getting a bit much. The breeze picks up, a gentle mist brushes my cheek. "Ah, how lovely," I think. WRONG. It was not dew. It was not rain. It was cow wee. I was facially baptised by a majestic moo-machine who picked the absolute worst time to empty her bladder, the breeze did the rest. Honestly, I was too tired to be grossed out, it was weirdly refreshing?!

Not long after this Matt handed me a "caffeine bullet", a soft chewy sweet allegedly designed to launch us into a glorious hour-long energy high. In reality it did no such thing. If anything it gifted us a lingering wave of nausea that clung on for the rest of the race like an unwanted passenger, cheers Matt.

We hit the last aid station before shuffling through bits of Brighton I swear don't exist on any map, just random green spaces that may or may not have been someone's back garden. Matt was hit with more calf cramps and was hobbling like a tragic war hero by 45km. Being the noble friend he is, he insisted I go on without him, I hesitated for about 3 seconds before deciding that yes, I too wanted this suffering to end.

I spent the final 5km alone talking to myself like an over-caffeinated Sherlock Holmes trying to solve the case of 'Why Am I Still Running?'. Everything hurt, my brain had stopped working and I may or may not have tried to high-five a tree.

And then finally I hit the promenade, Hove Lawns, my finish line. That final push powered by Sam & Emily's cheering, adrenaline and sheer desperation took me over the line with a weird cocktail of joy, pain and mild disbelief.

We cheered in the rest of our Striders crew like over excited cheerleaders. Massive Kudos to Martyn and Matt for smashing their first ultra and in such an incredible time too! We celebrated like any runner would, by devouring our free Mr Whippy and limping dramatically into the sea to soak our battered bodies. It was exhausting, it was completely ridiculous, and honestly? We loved every absurd minute of it! The photos were proof of that!

Would I do it again?

Of course! Even if it means another surprise cow shower and internal monologue gone feral. With the Striders support and encouragement, I say, bring it on!



Where's Julie?

Where's Julie?

Julie's found somewhere new to hide.

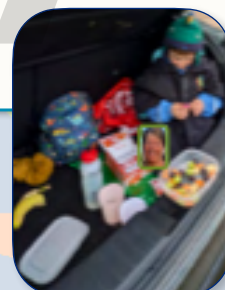
Can you find her?

Answer will be revealed in the next edition!



Here's Julie

In the boot of Jen's car with all the 'energy bars'



Spring HM / Bluebell Trail

Kent Spring Half Marathon and Angmering Bluebell Trail

by Richard Preece

In keeping with my plan to run different events in 2025, I took part in two very scenic events in April. I can highly recommend them both. The dry and sunny spring weather just made them even more stunning. Both are trail runs through the beautiful Kent and Sussex countryside.

Kent Spring Half Marathon.

This event features both a half and full marathon, with the full consisting of two laps. The start and finish are located just north of Ashford. The route follows quiet, undulating country roads and bridle paths, with a short section along the Pilgrims Way. The course is accurately measured and holds UKA licences for both distances. It is suitable for runners of all abilities. The event is organised by Nice Work, and proceeds support its partner charity: The Samaritans, Ashford and Tenterden.

The day of the event clashed with the Martello Half, so I was there on my own. There is a relaxed friendly feel around the start/finish line with music playing. Lots of local run clubs and surrounding areas, plus two runners from Finland. Compared with other events I have attended this one is smaller and seemed more intimate. It is well organised with plenty of marshalls and water stations. Understandably, not that many spectators along the country roads and paths but in the little hamlets there were people out applauding.

This was my second half marathon for 2025 and I felt better prepared this time compared to Farnborough, which I ran in February. There I blew up at mile 11. This time round I felt stronger and managed to push through mile 11 and still felt good. My finish time 1:45:39. A bit slower than Farnborough, however that was a flat road race. Kent Half is more undulating and trail. The medal at the end was worth it.



Angmering Bluebell Trail

Another great event offering a choice of distances: 10K or 10 miles. You can also run either distance with your dog. Both routes start and finish in roughly the same location and loop around the Angmering Estate. Clear signage indicates where the 10 mile route splits from the 10K.

The meeting point is in the beer garden of the Fox pub. Each race starts just down the road from the pub. There is a mass start for those running with their dogs, followed 5 mins later by those running the 10 miles and then last those running the 10k.

I was joined by Ralph for this run and we both opted to run 10 miles. However, it is just under the full 10miles. We had decided to take the course slow as we wanted to see the Bluebells and take some photos. The course is undulating and is a combination of road, downland, gravel paths and woodland trail. Running through the woods, the bluebells were at their best and on mass. Then you climb up to the top of the Downs and the views across Sussex are amazing. Following the route alongside the edge of a vineyard. Back up and into a wooded trail. Eventually a nice decent through the woods. The last 500 or so meters are back onto the country road and up hill to cross the finish line in the beer garden. What a great place to finish. People in the beer garden with a glass of lager from the pub. I so wanted a glass of ice cold lager. It was a warm day, and all that running was thirsty work. Darn it! I was the designated driver. H2O only for me.



This is another well organised event by Raw Energy Pursuits who have been running this race for the past 20 years. A great medal and small snack for all finishers. Ralph 1:20:02 and me 1:20:06. We ran together for the whole distance.



Berlin Half Marathon

Striders take on Berlin Half Marathon

By Kay Crush

After nearly a year of planning, Striders Jill, Gary, Debbie, Lorraine, Jeanette, and Kay along with supporters Lorraine and Debbie's husbands Martyn and Mike set off to London Heathrow to fly to Berlin.

The first excitement of the weekend was that Davina McCall was on our flight and was in the queue behind Jeanette and Kay in passport control. Hearing the ladies talk about the race she started to ask us about it. She was impressed that we had come to running later in life and was enthusiastic telling us not to worry about time but just to get out there and enjoy every moment. We told her about our lovely supportive club Seaford Striders. We loved it that she called Kay a Super Nanny, and she loved Jeanette's hair colour (even more impressive as Davina's partner is a hairdresser to many celebrities). Once we came through passport control, she was lovely and agreed to a photo for our newsletter then wished us all luck with the race.

On the Saturday, Jill, Gary, Debbie, Jeanette, Kay, and new Strider Mike took part in the Hasenheide parkrun whilst Lorraine rested as she was carrying a knee injury and didn't want to damage it more before the half.

Normally there are about 150 participants for this parkrun, but there were a massive 843 participants and 30 volunteers who coped amazingly well with the huge swell in numbers.

As soon as we arrived, we bumped into team members from Run Pals in Peacehaven and Peacehaven Run Club. They were all so supportive of us cheering us on whenever we saw them on route.

It was a fantastic park run set in a beautiful park, the route comprised of two laps through trees, passing a petting farm on the way. It was a mainly flat route apart from a couple of short inclines.

We took the run slowly just enjoying the incredible atmosphere, chatting to all nationalities most of whom were taking part in the half the next day. It felt very much an atmosphere that we were all in it together.

We all loved it and obviously had to celebrate with coffee and cake afterwards.



Sunday morning arrived in bright sunshine but a very chilly wind. There was a sense of nervous excitement in the apartment. We travelled to the venue on the underground jam packed with fellow runners. We emerged from the underground just in front of the Brandenburg Gate. Entering the main arena was slightly confusing and overwhelming, there was a definite lack of signage for the bag drop/toilets etc. Once we had dropped our bags, we joined the inevitable long queue for the toilets again chatting to fellow runners, this helped pass the time. Unfortunately, the toilets were amongst the worst we had ever encountered.

By the time we had queued it was time to make our way to the starting pens and this was where the fun really began. Despite being so crowded everyone was in great spirits with brilliant music being played, just before the start "Sweet Caroline" was played and everyone had their hands in the air singing along. The Seaford Striders gang were in fine voice. We then quickly made our way across the start line. We all agreed this was the most relaxed and fun start to any race we had experienced.

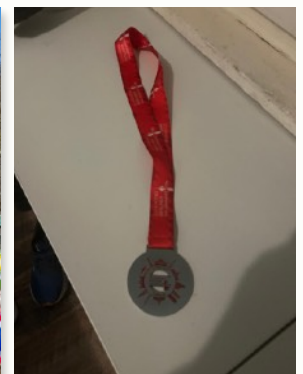
The Berlin Half is part of the Super 6 half marathon series and for this particular race there were over 42000 participants. For all of us this was our first run of the series. The start and finish are in a spectacular location between the Federal Chancellery, Reichstag, Victory Column and Brandenburg Gate. The route took us through Berlin's historic Centre, passing landmarks like the Victory Column, Lietzenseepark and the Memorial Church. The course had flat, wide roads with crowds lining the streets shouting encouragement the whole way, we had our names on our numbers, so it was lovely to hear our names being called (Gary was particularly happy with this), we also heard Seaford Striders being shouted out. There were several bands and music being played adding to the atmosphere.

At the final mile we caught a glimpse of the Brandenburg Gate, we knew we were on the final stretch, however at times it felt it was moving further away from us. Running through the gate was the most amazing, surreal experience, just 200 meters to the finish but the crowds pulled us on. We had done it !! Several of us had achieved PB's.

Time for celebrating firstly with a beer and cake then later in the evening cocktails and a delicious meal with stories told and laughter a plenty.

We headed back to the airport on Monday where we could see lots of other passengers in their Berlin half hoodies and tops. As we landed the cabin crew gave a shout out to all the passengers that had taken part in the Berlin Half.

This was met with a loud cheer. What a fitting end to a truly fantastic, unforgettable weekend.



Darklink 10K

by Adam Haverly

This is a smallish event run by Sussex Trail Events. If you don't follow them or know of them already, I would definitely recommend you follow them! They do some cracking low-key local races that have included such gems as "13 The Hard Way" and "The Multi story Car Park Marathon" in the past! I appreciate they're a bit different, but that ticks my box for sure!

This race falls between Christmas and New Year, which is a strange time as you often forget what day it is, let alone being organised enough to turn up for a race on time! Luckily this time I made it to the right place at the right time (Shoreham-by-Sea around 6 p.m.). Now obviously this is the "Darklink" so it's a bit traily and you'll need a head torch from the start, but think more gravel riverside path than mountainous terrain for days.

This race sells out every year for some reason. I really like it as I think I'll burn off some of Christmas's excess, but it's still there the next year.

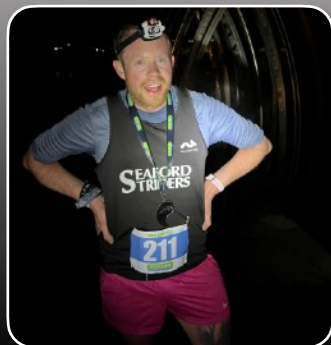
Turn up, grab a number, head torch on and we're off! I'm not really built for speed and I put bugger all training in, but feck it, let's have a go, shall we!

I tuck in behind someone who looks like they know what they're doing. Halfway aid station comes up and I don't even stop. What has happened to me?

Keep going lad, it's only 10k. The bright lights of the Amsterdam Inn come into focus and we're nearly done. Over the line in 51:43. A great event organised for runners by runners. Lovely to see the train of head torches along the Adur.

Maybe we'll do the Lightlink to complete the set?! All in all, a great feel with around 200 runners of all abilities.

Would highly recommend this one for your calendar. Whether you're looking for a fast time or a good time!



SOCIAL Events Calendar

MAY 31 BOOGIE DOWN THE BOOT
BEDRAGGLED BAND

JUNE 18 SUMMER SOLSTICE RUN
BARBECUE & CGP

TBC  SCAVENGER HUNT
BACK BY POPULAR DEMAND

SEPT 13 BUSHY PARKRUN
COACH TRIP & CGP

13 Halves for a Half

Striders SoCo* presents A Social Pub Run Adventure Through the South Downs

This is my account of the day, from the viewpoint of the back of the pack. I was not party to everyone's conversation or drinking styles. As they say, what goes on a glorified pub crawl, stays on one - Jo Robinson

Date: Sunday 26th May 2025

Distance: 13.1 miles (give or take!)

Pubs Visited: 6 (officially!)

Starting Point: Eastbourne South Downs Way Bus Stop

End Point: The Welly/Boot pubs, Seaford

Runner/Drinkers:

Adam (route master), Ray, Jo, Sam, Sue, Kat, Austin, Ralph, Gary, Russ (lost intentionally at Alfriston!), Martin, Les, Sally, Lucinda, James (with his iconic rock-video hair), Lizzy, Victoria, Russ, Bryony, Kevin, Lisa, Helen, Simone, Jeanette and Sister Kate.

Based on an idea by Gareth, the inaugural run of "13 Halves for a Half" brought together a glorious gang of Striders and pub lovers for a one of a kind journey across the South Downs. Starting from Eastbourne and finishing in Seaford, we ran scenic trails, conquered cheeky hills and the dreaded Steps of Doom and raised a half pint (or a full one!) at every pub along the way.



This unofficial half marathon wasn't about PBs, in fact, Adam's briefing was crystal clear: "Walk the hills, it's not a race!" Still, after the obligatory group photo at the bus stop in Eastbourne, everyone flew off like excitable kids whose kite had blown away.

Memories of the Martello Half came flooding back and I remembered very quickly that I'm not a confident trail runner. Clearly, I had only come for the beer.

From the start, Ray had to hobble-walk with an Achilles injury, but no matter how hard Sally and I

tried to walk alongside him, he was having none of it.

In the end, Les nobly took over 'looking after us both', a responsibility he accepted with a cheeky, "Both at the same time?!" Naughty Les.

Victoria, having previously conquered Beachy Marathon, ran alongside Les and made sure we stayed on the trail.

We couldn't tell if the rest of the group were five minutes or half an hour ahead, which added a nice sense of mystery to our journey. Adam had generously built in 30 minutes at each pub for catching up and resting tired legs. It worked brilliantly.

Pub #1: 8 Bells, Jevington



After a scenic run through fields and woodland, we landed at our first watering hole, the 8 Bells in Jevington. Photo, pint and we were on our way. Somewhere between sips, Sally decided to refill her water bottle with Coke – a great idea until she ran with it. The result? A fizzy explosion all over her and anyone who crossed her path.

Pub #2: The Smugglers, Alfriston



We were joined here by legends Lisa, Helen and Simone, adding more energy to the group. Another photo, another half pint, a rendition of The Entertainer on the pub piano from Ray and off we went.



Between Alfriston and Litlington, Sally and I picked up the pace. It was flat, the pub was close and our spirits were high.

Pub #3: Plough & Harrow, Litlington



Jeanette (who had already run a half marathon that morning!) and Sister Kate joined us here – total legends. At this pub, Kat and Lisa gave me the hard sell on a pair of sunglasses they modelled like pros. Austin was highly entertained Those two should be in marketing!

Then came the infamous **Steps of Doom** between Litlington and Cuckmere, relentless and unforgiving and we were beaten up them by a dog who clearly didn't realise it was supposed to be difficult. The promise of another pub kept us moving.

I had swapped Jeanette (my usual race buddy) for Sally this time, and we got each other through while soaking up the scenery.

Pub #4: Cuckmere Inn, Cuckmere Valley

We forgot the group photo but not the half pint! Ralph and Sam sprinted off from here to catch the 12 bus to Peacehaven and rack up extra mileage. At their speed, they probably beat the bus there.

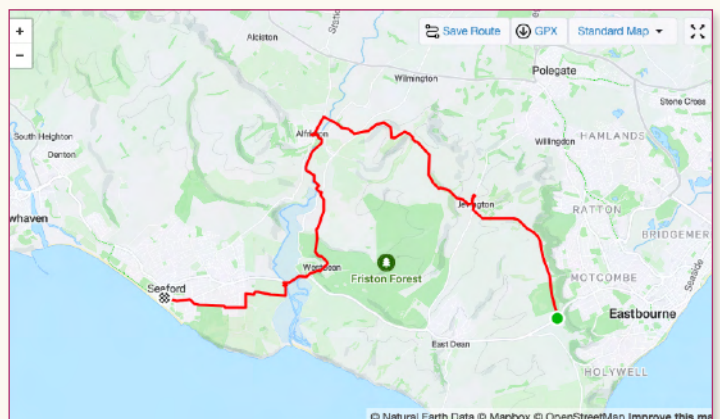
We continued along the river path toward Seaford, some taking a longer route to round up their distance.

Final Stops: The Welly and The Boot, Seaford



We ended our day in style at The Welly and then The Boot. We caught up on each other's lives, put the world to rights, and laughed more than was strictly necessary. A perfect end to a memorable day.

A scenic mix of trail running and pub stops made for the perfect day of endurance, escapism and ale. With talk of a repeat already underway, this blend of cardio and cider proved a hit and we can't wait for the next one.



Ibiza Marathon

by Adam Haverly

After achieving some great distances last year, I wanted to experience a race abroad this year. After spending at least 45 minutes on a well known search engine, I came up with the genius idea that I could do a race at the same time as enjoying a lovely family holiday abroad, or at least that was the plan!

Due to a recent job change, I was governed by the school holidays for time off. We looked in those New Year sales and Ibiza came up and there was an Easter break marathon happening on the island! Eureka! A plan was formed!

We booked the holiday and I booked the race. No further thought was put into that race for a few more months.

As usual, I didn't really follow a traditional marathon training plan, getting out when I could and taking quality over quantity for any loosely based training "activities." It's quite a lot to think about if you're doing a race abroad and you're as disorganised as I am. Packing was underway, I made a list and still did the last-minute thing and forgot some stuff!

Now, when I booked this race, I didn't closely look at the timing. To have the marathon on day 6 of an all-inclusive probably wasn't the best laid plan, but that's just how it worked. Carb load the night before? I think I've been carb loading for 6 months!! There was something different about this race too. It didn't start in the morning. I think due to the temperature, it started in the mid to late afternoon! This was quite a strange concept, but when in Rome, right?!

The day of the marathon came, 3 plates of breakfast were consumed (this was all inclusive of course), and after lunch I jumped on a local bus to the start. This was a point-to-point race and our hotel wasn't at either end but had a killer water park 🍷

I've never been in a race that had such a relaxed start. The roads were still open 15 mins before (take note Brighton). Obviously, with it being Ibiza, the beats were present, heavy and welcome. We might as well have a party, right?!

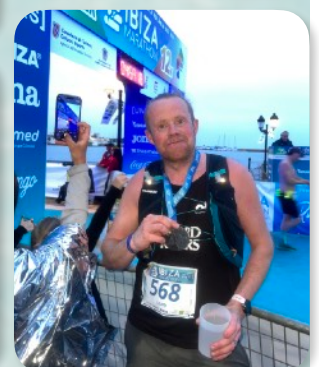
As we got underway, the mood was good. I think over 30 nationalities took part in this race. It was all road—26.2 miles from Ibiza Town to Santa Eulària des Riu. No trails, just a lot of backroads. First ten miles went well, then things went understandably downhill. Not done the training, so those legs are going to suffer! Still, the mood was good with a lot of live DJs en route and great crowd support and excellent supplies. I lost my bag of salt tabs and energy bits somehow, but I wasn't going back!

I was really struggling from 20 miles with a longggg switchback. The light was fading, but we were going to make it even if it was run/walk. As you come into the finish in a village, there's a great atmosphere, everyone is lining the streets and filling the bars and restaurants.

We made it over the line in 4 hr 43 minutes. Not what I hoped for but my body was feeling pretty ropey!

After being sent round the houses after the finish, I found my family. My body felt battered but I worked out if we got our skates on, we could actually catch the last half hour of food service at the hotel! I was very ready for a sit down and some good grub and to replenish all those liquids lost.

All in all, a great event. I didn't get lost, made some friends, had a good time and would do another, just maybe trail next time 🤔.



K Jen?

On Sunday 30 March, Jen Williams posted the following to the Striders WhatsApp group:

"First part of procedure done. Operation in a few days. The ironman dream is all over 🤔 I'll bounce back but for now, I'm devastated"

Alongside many other concerned Striders, I messaged Jen and received the following voice note*:



"Oh, sorry Jo. I just can't really type because it's my right hand. Um, and I'm also still a little bit dazed from it all. This happened at like 8:00 AM this morning, so it's, it's been a long day. I basically was going down towards the Cuckmere Inn pretty fast on the bike, and you know, they've got the traffic lights at the bottom there.



Press play for voice note

Well, they were green and I was like, oh yes, get in, keep going. So I kept going. Normally I get the red light there, so I obviously slow down and break, but I just kept going with majority of my speed today 'cause it was a green light. And then as I got onto the bridge, 'cause you've gotta sort of turn to get onto the bridge, I was breaking slightly.

Um, I mean it did happen very quickly, but. It, my entire bike just skidded from underneath me. And it like, it was this moment where I was like, okay, this is it. Brace yourself, you're down. And um, yeah, I was just in agony. Um, two vehicles stopped for me, thank God. 'cause I couldn't move. I was literally stuck in the middle of the road like screaming.

Not dramatic at all. One of 'em was a first aider, so that was good. But I just went into shock immediately. It was really bad. I just don't handle things like this well at all. Anyway, um, long story short, one of them drove me to a hospital in Eastbourne. The other one waited. We called Ben so that Ben could go get my bike.

Um, oh, they were both so lovely. And now I'm up here. Um, I've had an X-ray CT scan. I have fractured my wrist in several places. Pretty badly. I also dislocated it. So then I had to, um, be put under sedation for, um, them to manipulate my wrist back. Um,

sorry. The nurse came, I dunno where I got to, but basically, um, yeah, they had to put me a sedation. I think I got to that bit and, um. Oh my God, Joe, I, I had ketamine. I've never done drugs before. I was tripping. I was on a journey. I went through a maze, 3D changing directions, levels, flaws. Everything was moving.

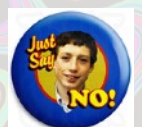


I was fighting the gladiators along the way. Not kidding. I'm obsessed with gladiators at the minute. So genuinely, that's what was going on. Um, and then when I came round, apparently I was singing and honestly just off my face. Anyway, the pain is manageable at the minute, but it's, it's been brutal. I'm not gonna lie.

Um, Ben's just going to get the car to come and get me 'cause it's, it's all complicated. But I'm going home tonight and, uh, there's a team having a meeting about it

tomorrow to see when I'm gonna be operated on, hopefully early next week. I can't believe it. Everything was going so well."

Applications are now open for *Ironman: The Musical*, featuring a one woman dream sequence set to 90s power ballads and sponsored by NHS anaesthetics.



Julie Fannon

My Running Journey So Far

I'd always been a bit of a lazy runner. I mean, I'd only ever run to lose a few pounds when my jeans got a bit tight, before children. I'd never really fully embraced the sport. My whole childhood was spent being dragged along to whatever marathon or half marathon my dad was doing that weekend and I suppose I didn't want to compete with that.

Anyway, around 2016/17, I decided that the only sporting thing I could do at a moment's notice and around the kids' clubs, was running. So I started back with Couch to 5K at that time. I didn't know that Striders was starting their first C25K group. I would wait until after dark and head out to the seafront, run-walking and feeling thrilled at how much further I could go each week but still only going out in the dark so I wouldn't be seen. I didn't feel like I was a runner and I thought people would laugh at me. Now, I just wouldn't care.

It took me until March 2018 to have the courage to show up for parkrun in Peacehaven. Some time later, I decided to join Striders because I was beginning to feel that I could run. I could run to Newhaven and back, so maybe I was a runner. I joined a lovely bunch of people who ran on Wednesdays from the Leisure Centre. They helped my running and made me feel like a runner, so much so that I entered and finished my first half marathon in Eastbourne. Wow, what a hill! I honestly never thought I would do one of those again. My time was 3 hours and 40 something minutes.

During Covid, a member of my family was going through a crisis and I let my Striders membership lapse. I wish I hadn't because my membership number was 100. Due to the crisis, we were advised as a family to only do light exercise and avoid anything too strenuous. Well, enough said! I took up lounging and eating biscuits like it was going out of fashion. I was worried that running might have an impact on the ongoing crisis, and I didn't think about running again until I joined the Striders C25K programme in 2023.



The people were, again, so lovely and supportive, and I graduated from that C25K on the 17th of June 2023 at Seaford Beach parkrun with a time of 43 minutes and 51 seconds, which I was so very proud of. I carried on running until November when my husband Peter had hip replacement surgery. That meant I needed to take on the morning routines Peter usually did, and my running took a backseat. By December 2023, we were both walking parkrun with times of around 55 minutes, with Peter using a crutch. I knew that I'd be back.

In 2024, I redid the C25K again with Striders, and I graduated with a parkrun time of 41:33. Since then, I've not stopped. I always try to do parkrun and I always try to join the Wednesday night run with Striders. I've been to the Lewes Monday evening sessions three times, but it just doesn't work well with my schedule. I really do enjoy the chatty runs with the High and Over group. I've always felt so very welcomed, and the 7 p.m. start time works really well for me.

I completed the Mince Pie 10 in early December and later marshalled on the actual race day. What a lot of fun marshalling is! I'd never done it before and I had a

great time. It was just so lovely to see everyone fulfilling their ambitions, to get round and achieve their wanted or expected time.

January saw me get slower as I didn't get to run much. Being an accountant meant loads of late nights at work. Since then, I've run as often as I can with the High and Over group on Wednesday evenings. In early May, I finished the Worthing Half in 2 hours and 41 minutes, but I really wasn't certain that I'd actually get round or finish.

I think I see my biggest improvement at parkrun. At the start of the year, my time was 39 minutes and 1 second. Since then, I've had three PBs, and I'm now down to 31:53. I really feel that none of this would have been possible without the Striders C25K programme. It really did get me going again when I thought that I couldn't.

Some Thoughts on Well-being

Some weeks ago, Seaford Striders' Welfare Team (Kate and Emily) put out a request inviting Seaford Striders' members to tell us what you do to support your own well-being. The starting point for this was wondering what it is about running that makes us feel good. Is it the actual running or the companionship, the amazing landscapes we have around us, or a combination of all three? This prompted us to think about what else we have in our lives that boosts our mood and we decided to ask you. This article is based on replies from Seaford Striders' members. None of this is intended to be a recommendation for how to live your life, simply a few thoughts gathered together.

Some people explained to us why running itself is important to them. Running alone was mentioned as a way of clearing the mind, finding peace in silence, space to dream and to notice detail. Similarly for some, walking has the same effect of stilling a busy mind.



Inevitably, our beautiful local landscape and the natural world came up, the Downs, clifftops and forest, but especially the sea, either being beside it or in it, relaxing when warm, invigorating when cold!



Meditation was highlighted, and other related practices such as yoga, as a means of letting go of some of life's stresses, and for those who prefer something potentially sweatier, gym or weights.



On a different tangent, some like to learn something new, initially for its own sake but with the incidental additional benefits of distraction, relaxation and purpose. Learning how to edit music videos or darn socks are two such examples, but creativity could be about anything. Related to this notion of achieving a new skill or doing something unfamiliar, volunteering received a mention.



Seaford Striders is a club, and a club means people, so it was lovely to hear that sharing an experience, be it running or something else, can lift spirits, provide a sense of connection and offer an opportunity to support others and celebrate achievement together. Just eavesdropping on snatches of conversation during a run and witnessing some of the kind, caring or humorous conversations that happen around us can be illuminating and give a window into other worlds.

People, especially friends, are important to many. A coffee and a chat, with optional cake, sharing good times and bad, always has a positive effect for one member.

Talking of other worlds and also away from running, just simply watching TV got a thumbs up. Equally, the option of choosing to step away from news channels and social media was mentioned as a way of maintaining well-being.



Going full circle and coming back to running. Being physically active was said to help with keeping both body and mind in balance, boosting mood, supporting personal mental health, and managing bipolar.

Lastly, drinking and singing!



Maybe together, maybe not.

Thank you to those who contributed to this whistle-stop tour of ways in which some of us stay afloat.

‘Jogging’ by Richard Dawson

One thing that’s great for wellbeing? Seeing your favourite progressive folk singer-songwriter live. Here’s Kate Parkinson’s hero Richard Dawson performing *Jogging*, submitted the day after catching him in Brighton, leg brace and all, thanks to an exploded Achilles!



Recently I've been struggling with anxiety
To the point I find it hard to leave the flat
The days drain away, scouring eBay
Or looking on Zoopla at houses where I'll
never live

I know I must be paranoid
Everytime I get the bus
I feel the many pairs of eyes
Weighing on my person surreptitiously
I was offered and took voluntary redundancy
From my role as counsellor at St. Cecilia's
Secondary School
So I went back freelance as a graphic designer
Business is okay but I miss working with the
young folk

I know I must be paranoid
When I pick up the groceries
One of the girls who works the check-out
Tuts under her breath and it destroys me for a
week

Dr. Shen prescribed me beta-blockers
And recommended taking daily exercise
So I've started jogging
To my own great surprise
Hundreds of miles going nowhere
I know I must be paranoid
This morning in memorial park
I thought I caught a busker
Sneak an ugly word into "Wonderwall"
As I went by

Jogging, jogging, I'm jogging, jogging
Jogging, jogging, jogging, jogging
Jogging, jogging, I'm jogging, jogging
Jogging

There's a Kurdish family on the ground floor
Had a brick put through their kitchen window
The police know who did this, still they do
nothing
It's lonely up here in Middle-England

I know I must be paranoid
I feel the atmosphere
'Round here is growing nastier
People don't smile anymore
There's no such thing as a quick-fix
But jogging has provided me
A base on which to mould my time
And let my worries go awhile

I know I must be paranoid
But I feel the atmosphere
'Round here is growing nastier
People don't care anymore
Would you like to sponsor me
For running the London Marathon?
Though it's really daunting
We're aiming to raise a thousand Pounds
For the British Red Cross

Source: Musixmatch (<https://www.musixmatch.com/pro/>)
Songwriters: Richard Michael Dawson
Jogging lyrics © Domino Publishing Co. Ltd.

Couch to 5K



Couch to 5K 2025 is up and running...!

On the last Tuesday of April, our Couch to 5K programme kicked off for 2025! With all the preparations and planning that go into it, I think I was more nervous than the participants. It's a bit like throwing a party - I didn't know who was going to turn up...!! But turn up they did. Over 50 keen beans turned up to start their C25K journey...

The sun was shining and it was a perfect evening for it. The nerves quickly subsided on all fronts. Margaret teed them up with a great warm up and the three groups were soon underway, expertly led by Jill, Rob and Tom.

For week one, they set out along the seafront. And in a flash, the groups were coming back to the start - their beaming and proud faces clear for all to see! Jeanette rounded off a lovely evening with a cool down and the excited chatter quickly turned into how great they were feeling, how much they'd enjoyed it by doing it as group and just how welcoming they'd found Strider's.

So our graduates to be are up and running for week 1!

But gosh. I know how lovely Strider's are from my short time as a member, but the support from so many of you was another level. It takes a village and I can't thank all the volunteers enough for bringing the fun, the inspiration and the support.

Here's to the next 8 weeks of progress and fun...!

Mince Pie 10 2025

Mince Pie 10 2025 entries open on Monday 2nd June

The nominated club charities which have been selected via the committee are The Rockinghorse Appeal & St Wilfreds of Eastbourne.

For new members, this is a club organised event of which we need your support in marshalling and supporting.

Sunday 7th December is the date for your diaries so please get in touch with gmtcdjones@gmail.com to put your name forward to marshal and support. Time frames for support is between 9am & 2:30pm approx but there are specific roles and general roles that Graham will allocate. Please let him know if you have any specific requirements and he will support this as best as possible.

More information will be cascaded nearer the time.



Couch to...

Couch to...

Joining c25k is often the start of so many brilliant running journeys. You can read more about just some of these in our new 'Couch to....' Series. If you have a story to share we'd love to hear from you!

Please email Charlotte at c25k@seafordstriders.org.uk

Couch to... coaching Juniors and running marathons.

Simon's story

I was a bit apprehensive when signing up to join C25K. I never thought I'd join a running club! I played lots of team sports when I was younger but never enjoyed running. I wanted to get fit and a friend was joining the C25k so I thought I'd give it a go. It's one of the best decisions I've made in life! Striders has made me enjoy running and I now look forward to getting out on the Downs or the seafront for a run.

Running is great for my mental and physical health. I always feel good after a run.

Striders has given me so many proud achievements! Some of my highlights are running Brighton marathon twice and being lucky enough to do the London marathon which was such a unique experience. Completing the run to the sea ultra recently was pretty special too. I also love coaching our junior striders and seeing them achieve great things. I've loved seeing my own kids thrive at junior striders too. It's the highlight of Edith's week! I'm also about to become a LIRF thanks to the club.

C25k with Seaford Striders has given me so much! It's such a great club to be a part of.



Couch to... the Chair!

Victoria's story

When I first signed up for Couch to 5K, I was *extremely* nervous. It was completely out of my comfort zone—but at the same time, I felt energised by the prospect of doing something just for me. Something that could change things. And it really has.



Running has been a total transformation. It's not just something I do—it's become a major focus in my life. My weeks are planned around it, and it's brought me routine, purpose, and a whole new community. I never expected running to become such a core part of who I am.

My proudest achievement so far has to be completing the Beachy Head Marathon. Honestly, that was beyond anything I ever imagined I'd be able to do. It still feels a bit unreal sometimes!

If you're thinking about signing up for Couch to 5K, my advice is simple: be brave. Take that first step. You'll surprise yourself with what you can do—and you'll be blown away by the support you get from everyone at Seaford Striders. We've all been there, and we'll be right behind you every step of the way.

Junior Striders



Junior Striders celebrated the end of term by running 1k laps around the Salts. As usual our bright yellow team exceeded their own expectations... A great effort by all!!!



Well done to Ava and Reuben Danbury at the Eastbourne Mile race. They *both* won their races! Great event for juniors to take part in.



Duathlon day for Kitty



Roadies out reading the Tide Mills history!



Albie

I have been doing Junior Striders for 1 year, I love the games and have so much fun with my friends and our coaches.

I recently started doing junior park runs then my mum said I could do the Seaford 5k park run. I am really enjoying running although at times it's really tough and I hope you all have a nice half term, love Albie x

Striders Summer Relay

By Amanda Feast



On the 19th of May we hosted the inaugural Striders Summer Relay, our first club run relay event to bring Seniors and Juniors from different groups together to run. We had a great turnout with 12 teams running the relay. Senior members and our older Juniors each ran 1.5 miles around the Tidemills Nature Reserve, then the whole team ran a mile all together.

The event brought out the best in Striders spirit, from the competition of the run, to Striders cheering each other on, to our wonderful marshals helping out on the day. We hope to make this a regular event and will plan to run it again next year!

If you'd like to get involved in more relays, reach out to Jeff and Amanda- we are organising 5 teams for the **Tempo Last Leg Relays** in Eastbourne. There will be 3 fastest teams for Mens, Ladies and V50- and 2 lucky dip teams to make sure everyone gets a chance to run from all groups.

This event is open to all Striders. There is no need to be the fastest or the strongest runner- if you want to get involved let Jeff or Amanda know. The event is in Eastbourne at 7pm on the 9th of July and entry costs £5 per person. We hope to see you there!

The SDW 100 Relay

Upcoming Event

The SDW 100 Relay on Saturday 7th June.

The team

Captains/Crew - Jeff Young & Bronwyn Clare

Driver - Matt Winton

Runner - Matt Clare

Runner - Luke Borland

Runner - Lisa Parkinson

Runner - Lizzy Miles

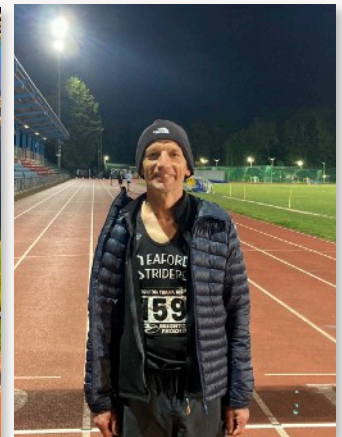
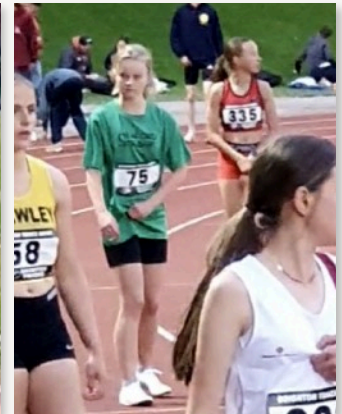
Runner - James Marron

Runner - Nick Farley

We set off from The Beachy Head Purchase Plaques at 7am! All the way along the SDW to finish at Winchester approx 7:30pm.

If anyone is out and about on the day and wants to show support, great!

Brighton Track Night



A rare smile from Gareth

It was a record breaking evening for several Striders at Withdean track this month, particularly in the 1500m event.

Junior runner Alfie Batchelor, cheered on by coach Phill Stevenson and a strong contingent of Striders delivered a dominant performance. Leading from start to finish, he comfortably won his heat with an impressive time of 4:29.51. A new club record at this distance.

Not to be outdone, Gareth Hutchinson also impressed in the same heat, claiming the Men's V50 club record with a time of 5:10.34. For a brief moment, he held both the V40 and V50 records until Phill Stevenson stepped up and reclaimed the V40 title with a strong 4:40.59 finish. It's Phill's first (and perhaps slightly overdue) Striders record.

Ava and Reuben Danbury in their first track event both competed admirably in the lesser known distances the 300m and 600 meters finishing 6th and 11th in their heats respectively.



Club Record



Bad hair day, good run day

WELCOME TO THE STRIDER FAMILY

Cleo



Congratulations
Anneka & Adam

20TH MAY 2025

4 POUNDS, 6 OUNCES



CGP Magic Mile



Katherine Simmons

Lewes Track was filled the dulcet tones of cheering Striders at the CGP magic mile session. The teams drew lots to find out which of the groups would be first to run 1 mile - just over four laps of the track - with top points awarded to the Striders achieving the highest age grading. While each of the pace groups ran, the rest of the Striders cheered on their team-mates, some until they were hoarse! I may be a bit biased, but if there was a prize for who was top of the cheerometer, I think group 3-4, who were last to run, would have taken it! Thank you Anneka and the track team for timekeeping and organising a brilliant evening and James for the CGP results. We celebrated some excellent times and enjoyed a fantastic Striders atmosphere!

Name	Time	Age Graded %
James Marron	05:35	77.84%
Gareth Hutchinson	05:40	76.70%
Ralph Jennings	05:53	76.40%
Ray Smith	05:45	76.22%
Fabian Eason	05:21	75.05%
Richard Preece	06:09	75.00%
Josh Nisbett	05:09	73.21%
Pete Jaques	06:36	71.14%
Gary Collings	05:50	68.83%
Ollie Card	05:54	68.05%
Mark Andrews	06:50	67.50%
Tom Webb	05:34	66.65%
Kevin Ives	06:34	66.19%
Tom Bell	06:07	63.23%
Dominic Hind	07:12	62.96%
Stephen Ramsey	06:19	60.37%
Russ Hewlett	07:20	58.79%
Sam Horscroft	07:00.	53.86%



Name	Time	Age Graded %
Sam Alvarez	06:10	88.28%
Carly Holmes	06:59	67.90%
Katherine Simmons.	07:32	66.14%
Amanda Feast	06:49	61.84%
Amy Fearn	07:18	61.27%
Lucinda Dopson.	07:36	57.73%
Charis Crudgington	07:19	57.31%
Kate Lewis	08:57	54.97%
Jo Robinson	09:49	52.08%



Club Grand Prix

The Seaford Striders Club Grand Prix is a year long competition open to all senior members, regardless of speed or ability. Participants earn points from their best 10 races out of 20 available events.



2025 Club Grand Prix Races

UPDATE

No	Event	Date	Type	Notes
1	Whitbread Hollow XG	16 February 2025	Fastest Time	ESSCCL
2	Seaford Beach Parkrun	8 March 2025	Age Grading	
3	Martello Half Marathon	13 April 2025	Fastest Time	
4	Eastbourne Parkrun	26 April 2025	Age Grading	
5	Dream Mile	28 April 2025	Age Grading	Monday Night Track Lewes
6	Haywards Heath 10 Mile	4 May 2025	Fastest Time	SGP and Mid Sussex Marathon
7	Hersham 10K	11 May 2025	Fastest Time	SGP
8	Preston Park Parkrun	7 June 2025	Age Grading	
9	Summer Solstice Run	18 June 2025	Fastest Time	Seaford Striders Event
10	Bowl 15 mile	6 July 2025	Fastest Time	SGP
11	Malling Rec Parkrun	12 July 2025	Age Grading	
12	Henfield Half Marathon	10/08/2025	Fastest Time	Replacement SGP Race
13	Hove Prom Parkrun	30 August 2025	Age Grading	
14	Bushy Park Parkrun	13 September 2025	Age Grading	SoCo Coach Trip
15	Hellingly 10K	28 September 2025	Fastest Time	SGP
16	Hastings Half Marathon	5 October 2025	Fastest Time	Rescheduled Event
17	Seaford Beach Parkrun	11 October 2025	Naked Run	
18	Beachy Head Marathon Weekend	25-26 October 2025	Fastest Time	Double Header (see below)
19	Crowborough 10K	2 November 2025	Fastest Time	SGP
20	Autumn Cross Country	November 2025	Fastest Time	Date and Venue TBC
21	Peacehaven Parkrun	6 December 2025	Age Grading	

Scoring & Rules

Separate male and female competitions, with awards for the top three.

Points awarded to the first 30 finishers (30 for 1st, down to 1 for 30th).

Chip timing will be used where available.

Eight age-graded events help level the playing field.

One Seaford Parkrun will be a 'naked run,' where runners predict their time without wearable tech.

Tiebreakers: Most head-to-head wins, then highest score in those races.

Beachy Head Marathon Weekend Bonus

Two-day runners earn combined scores for one event.

Full/Ultra & Half finishers get their Full/Ultra score doubled (DNF/DNS voids the bonus).

Max available: 40 points (10k & Half) or 60 points (Full/Ultra & Half).

Seaford Striders Club Grand Prix webpage <https://www.seafordstriders.org.uk/races/seaford-striders-club-grand-prix/>

Contact: James Marron at cgp@seafordstriders.org.uk for more details.

Club Grand Prix

Female Results – Update 12/05/25

Position	Name	Whitbread Hollow XC	Seaford Beach Parkrun	Seaford Martello Half	Eastbourne Parkrun	Dream Mile	Haywards Heath 10 Mile	Horsham 10k	Total Points	No. of Runs
1	Katherine Simmons	26	28	27	29	28	33		171	6
2	Jo Robinson	16	12	22	25	22		29	126	6
3	Kate Lewis		16		28	23		30	97	4
4	Sam Alvarez			30	30	30			90	3
5	Kate Parkinson		21		26			28	75	3
6	Simone Amis	24	24	25					73	3
7	Paula Tiller		13		27		32		72	3
8	Jenny Hunter		11		23			27	61	3
9	Lizzy Miles	30	29						59	2
10	Jen Williams	27	26						53	2
11	Lucinda Dopson			26		25			51	2
12	Amanda Feast		23			27			50	2
13	Kay Crush	19	25						44	2
14	Lauren Stallard	20		23					43	2
15	Jeanette Wells	14		22					36	2
16	Alison Househam		30						30	1
17	Bryony Clarke			29					29	1
18	Carly Holmes					29			29	1
19	Erica Martin	29							29	1
20	Anneka Redley-Cook	28							28	1
21	Kathryn Warren			28					28	1
22	Jill New		27						27	1
23	Amy Fearn					26			26	1
24	Chiara Di Giorgi	25							25	1
25	Charis Crudgington					24			24	1
26	Jemma Vile				24				24	1
27	Kellie Snow			24					24	1
28	Justine Ridgway	23							23	1
29	Anna Tait	22							22	1
30	Tina Harris-Ross		22						22	1
31	Jane Kemp	21							21	1
32	Olivia Wickendon		20						20	1
33	Fiona Goodwin		19						19	1
34	Janine Bishop	18							18	1
35	Victoria Maleski		18						18	1
36	Debbie Priest		17						17	1
37	Hayley Cole	17							17	1
38	Judith Linsell	15							15	1
39	Wendy Fortune		15						15	1
40	Gillian Tansley		14						14	1
41	Sandra Standen	13							13	1
42	Bronwyn Clare		10						10	1
43	Margaret Osborne		9						9	1
44	Alexandra Parsons		8						8	1
45	Stacey Pollard		7						7	1
46	Hayley Cole		6						6	1
47	Julie Fannon		5						5	1
48	Shelley Jenkins		4						4	1
49	Charlotte Woodgate		3						3	1
50	Sara Baitup		2						2	1

Club Grand Prix

Male Results – Update 12/05/25

Position	Name	Whitbread Hollow XC	Seaford Beach Parkrun	Seaford Martello Half	Eastbourne Parkrun	Dream Mile	Haywards Heath 10 Mile	Horsham 10k	Total Points	No. of Runs
1	Josh Nisbett	29	27	29	28	24	30		167	6
2	James Marron	27	24		24	30	28	29	162	6
3	Richard Preece	23	23		29	25	29		129	5
4	Russ Hewlett	21	14	22	26	14			97	5
5	Peter Jaques			18	27	23	27		95	4
6	Gareth Hutchinson		30			29	29		88	3
7	Kevin Ives	17			23	18	25		83	4
8	Ralph Jennings		22		30	28			80	3
9	Jack Hutchinson	30		30					60	2
10	Austin Warren		29	27					56	2
11	Luke Borland	28					27		55	2
12	Mark Andrews		19	16		20			55	3
13	Fabian Eason			28		26			54	2
14	Tom Bell		10	24		17			51	3
15	Matthew Winton	20	11	19					50	3
16	Ray Smith	22				27			49	2
17	Gary Collings				25	22			47	2
18	James Smith		21	26					47	2
19	Nick Farley	26	20						46	2
20	Ollie Card			23		21			44	2
21	Leslie Mayger		26	13					39	2
22	Steve Ramsey	18				15			33	2
23	Ron Van Heuvelen	16	16						32	2
24	Tom Webb		12			19			31	2
25	Richard Impey							30	30	1
26	Sam Horscraft			17		13			30	2
27	Paul Swinnerton		3				26		29	2
28	Graham Jones		28						28	1
29	Jeff Young	25							25	1
30	Robert Ewen		25						25	1
31	Simon Wattam			25					25	1
32	Aaron Pooley	24							24	1
33	Tom Roper		1		22				23	2
34	James Dopson			21					21	1
35	Fabrizio Ferioli			20					20	1
36	Martin Dallimer	19							19	1
37	Chris Le Beau		18						18	1
38	Simon Newman		17						17	1
39	Dominic Hind					16			16	1
40	Martin Robards			15					15	1
41	Phil Robinson		15						15	1
42	Simon Homer			14					14	1
43	Michael Veale		13						13	1
44	Tom Forristal			12					12	1
45	Ali Batchelor		1	11					12	2
46	Matt Clare		9						9	1
47	Martyn Craddock		8						8	1
48	Trevor Jones		7						7	1
49	Colin Browne		6						6	1
50	Gavin Wright		5						5	1
51	Adam Bryant		4						4	1
52	Tom Batts		2						2	1
53	David Bradshaw		1						1	1
54	Gary New		1						1	1

Sussex Grand Prix



The Sussex Grand Prix (SGP) is a road running series of races which take place between March and November each year in various locations within West and East Sussex. It is made up of currently 19 running Clubs across Sussex along with their members all of whom are registered with England Athletics.

Race	Date	Day	Event
1	Postponed	Sun	Hastings Half
2	4 May 2025	Sun	Haywards Heath 10 mile
3	11 May 2025	Sun	Horsham 10k
4	18 May 2025	Sun	Rye 10 mile*
5	1 June 2025	Sun	Hastings 5 mile
6	15 June 2025	Sun	Heathfield 10k
7	6 July 2025	Sun	Bewl 15
8	16 July 2025	Wed	Phoenix 10k
9	10 August 2025	Sun	Henfield Half Marathon
10	28 September 2025	Sun	Hellingly 10k
11	5 October 2025	Sun	Lewes Downland 10 mile
12	19 October 2025	Sun	Hove Prom 10k
13	2 November 2025	Sun	Crowborough 10k

Individual Scoring

Points are accumulated throughout the season. A runner's **best 6 scores from all the races** form their total. 500 points for the winner 499 for 2nd and so on down to 1. Only members from eligible clubs can score. You can only score for your first claim club. Club vests must be worn.

For further information please visit the rules section here. <https://sussexgrandprix.co.uk/rules/>

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/>

Thai Prawn Curry

Super easy - serves 4

Submitted by Nick Farley

Ingredients

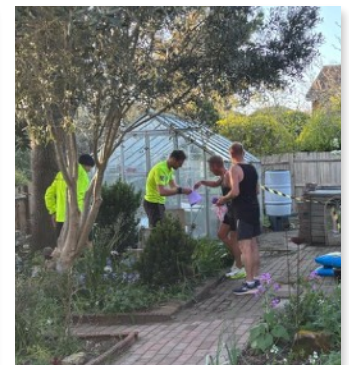
1 tbsp vegetable oil
1 finely chopped onion
1 tsp fresh root ginger (grated)
1-2 tsp Thai red curry paste
400g can chopped tomatoes
50g coconut cream
400g raw frozen prawns
Coriander fresh, chopped to serve

Method

1 – Heat the oil in a suitable saucepan. Tip in the onion & ginger, then cook for a few minutes until softend.
2 – Stir in the curry paste, then cook for 1 minute more. Pour over the chopped tomatoes & coconut cream.
3- Bring to a light boil, then leave simmer for 5 mins, adding a little boiling water if the mixture gets too thick.
4 – Tip in the prawns, then cook for 5-10 mins more, depending on how large the prawns are.
Serve with Rice & sprinkle with the coriander.

ENJOY!

Easter Egg Hunt



Despite the name, this was a military operation devised by SoCo. Ray was in charge of logistics and was tasked with plotting the drop zones. Armed with a pace calculator and intense focus, he assigned each team their coordinates based on distance, velocity and who looked like they most wanted the chocolate.

600 chocolate eggs were ordered. I (Jo) counted and sorted every single one. It was like Willy Wonka meets MI6. Eggs were carefully allocated with the seriousness of a UN peacekeeping mission.

Drop points were top secret and *rather eccentric*. **Adam's garden**, complete with a slide from the house, served as the first checkpoint. Of course, some grown adults did in fact use the slide. **Sue's parents' house** was next boasting an enormous garden mast!

Ray and Jo's house (referred to as "Ray's house" for national security reasons) was a crucial stash point. It's unclear how many eggs were hidden here, because Ray and Anneka took a *creative* approach to egg concealment. Some are believed to still be at large. We suspect the chickens got involved. There may be future sightings.

All teams eventually converged on **Victoria and Lance's HQ** (also known as "Victoria's house"). Drinks were served, nibbles were nibbled and a mandatory bunny ear photos were taken. As it was Kat W's birthday, we celebrated at Victoria's house way past our bedtimes for a school night.

In conclusion, the Easter Egg Hunt was a resounding success. All teams survived. Morale was high. Chocolate was consumed although it's not going to put Tony's Choco Lonely out of business anytime soon. Intelligence suggests the mission may be repeated next year with GPS tracking and eggstra secret locations.

The Lighthouse Run

The Lighthouse Run – Las Playitas, Fuerteventura

If you're ever lucky enough to find yourself at Playitas Resort in Fuerteventura, there's one run you simply *must* add to your holiday itinerary – the legendary Lighthouse Run.

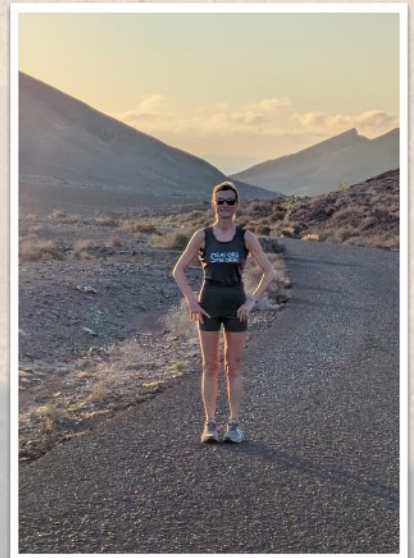
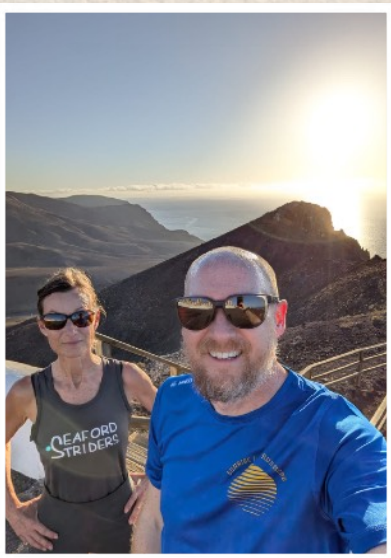
This 13.5km out-and-back route is not for the faint-hearted. It's a gritty, hilly challenge that rewards runners with some of the most spectacular coastal views the island has to offer. Starting from the heart of Las Playitas, the route winds its way out of town onto a dusty track that hugs the rugged shoreline. The terrain is dry and stony, with an ever-present breeze to keep things just about bearable under the Canary sun.

The highlight – and the real test – comes in the final stretch: a steep climb up a switchback road to the iconic Faro de la Entallada lighthouse. With each turn, the Atlantic opens up below you, and by the time you reach the top, the panoramic views are more than worth the burn in your calves.

This run is more than just a workout – it's an adventure. Whether you're an experienced runner or just up for a challenge, the Lighthouse Run is a brilliant addition to a fitness-focused week at Playitas. And if you're wondering about times? Hats off to Russell with a strong finish at 1 hour 6 minutes, and a big shout-out to Sam, who clocked in just ahead at 1 hour 5 minutes.

Scenic, tough, unforgettable – we'd absolutely recommend it. Just don't forget your water bottle... and maybe your camera.

Contributed by Russell Hewlett





Serves 4 runners (or 2 runners & 1 very greedy supporter)

Pre Race Power Paella (Night-Before Running Fuel)

If you're looking for the perfect pre-race meal to keep you ticking along the course (without the mid race regret), this Spanish inspired dish is just the thing. Packed with slow burning carbs, lean protein and just enough flair to feel like you're treating yourself, without doing your digestive system dirty, this paella style recipe is ideal the night before a race.

Ingredients

- 1 tbsp olive oil
- 1 medium onion, finely chopped
- 2 garlic cloves, minced
- 1 red pepper, sliced
- 1 yellow pepper, sliced
- 200g arborio or paella rice
- 1 tsp smoked paprika
- 1 pinch saffron (optional, but fancy)
- 750ml low-sodium vegetable or chicken stock
- 200g cooked chicken breast or firm tofu (or a bit of both)
- 150g peas (frozen is fine)
- 1 lemon, cut into wedges
- Salt and pepper to taste
- Fresh parsley to garnish (optional but makes it look posh)

Instructions

1. Heat the olive oil in a large non-stick frying pan or wide saucepan. Chuck in the onion and cook over medium heat until soft and golden. Add the garlic and peppers, and cook for another 5 minutes until they've softened and you're feeling smug.
2. Stir in the rice, smoked paprika, and saffron. Give it all a good mix so the grains get a lovely golden hue. Toast it for a minute like you know what you're doing.
3. Pour in the stock gradually, giving it the occasional stir. Lower the heat, and let it simmer gently for about 20 minutes, or until the rice is tender and most of the liquid is absorbed. Resist the urge to stir constantly this isn't risotto and you've got a race to rest for.
4. Toss in the cooked chicken or tofu and peas. Stir gently and heat through for another 5 minutes.
5. Season with salt and pepper, squeeze over some lemon juice, and sprinkle with parsley if you're feeling extra spesh!
6. Serve warm, ideally with your feet up and your kit laid out ready for race morning.



Why it works:

Carbs for energy, protein for muscle repair, veg for nutrients, and just enough garlic to make you smell slightly intimidating on the start line.

Buen provecho, and good luck smashing your race!

Sam Alvarez (who incidentally can't cook; but thankfully Russell can!!)



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.

Bark Cashswell fancied himself a race organiser. In truth, he was more a wheeler-dealer with a hi-vis vest and a battered stopwatch. Each spring, he threw together the Sleaford 10K with the flair of a man selling knockoff trainers from the boot of a car.

The event was infamous. No road closures. No signage. No volunteers. Just a rough chalk start/finish line scrawled onto the seafront promenade — which, on a Sunday, was usually teeming with dog walkers, pensioners, and confused tourists.

Locals complained every year. Runners collided with prams. Marshals? None. Hydration stations? A sagging table with cheap plastic bottles that were never cleared. By Monday, the promenade looked like a landfill of bottle caps and shiny plastic medal holders — the kind that looked like they'd come free in a cereal box.

Bark, of course, didn't care. "It's about community and fitness," he'd say, while pocketing the £20 entry fees and driving off in his diesel van, belching fumes like a chimney.

But this year, something rare happened. Amid the chaos, one shining moment pierced through the smog of mismanagement.

Flabian Beaston — the pride of the Sleaford Spiders — surged through the mess and clocked a personal best. 39 minutes and 29 seconds. He weaved through litter, sidestepped a Jack Russell and sprinted the final kilometre over a chalk line barely visible beneath a trampling of footprints.

Still, even Flabian's glory couldn't redeem the circus. The Sleaford Spiders, once loyal to the local scene, called an emergency club meeting.

The vote was unanimous: boycott.

Bark Cashswell's Sleaford 10K was no longer a race. It was a farce — and next year, the Spiders wouldn't be crawling anywhere near it.



Hailsham Harriers Beach Run

Hailsham Harriers Beach Run

Sunday 27th July

Start Time: Gather at 8am for an 0815 start.

LOCATION: Sovereign Harbour Waterfront Carpark BN23 5QG

This is a fun, social run, where you have the chance to run along the sand at low tide from Sovereign Harbour to Bexhill (approx 7 miles) with brekkie at the cafe.



Peacehaven Trail 10K

🌿 Introducing the Peacehaven Trail 10K – Be Part of PRC's Inaugural Race! 🏃🏃

PRC are thrilled to announce the launch of Peacehaven Run Club's very first Peacehaven Trail 10K, taking place on **Sunday, 27th July 2025, at 09:30 AM**. This unique event offers a scenic off-road experience through the stunning South Downs, starting and finishing at Telscombe Playing Fields.

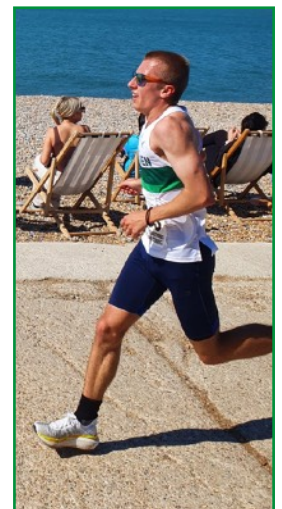
Why You Should Join:

- Affordable Entry: Just £15 for this special trial edition.
- Exclusive Finisher Medal:
- Free Race Photos: Capture your moments on the trail
- Awards & Prizes: Trophies for top 3 male & female finishers plus spot prizes.
- On-Course Support: Water station at mile 4 and first aid coverage throughout.
- Post-Race Refreshments: Enjoy snacks and drinks

Course Highlights:

Experience a blend of terrains as you navigate bridleways, the iconic South Downs Way, & the historic Greenwich Meridian Trail, culminating in a loop through the picturesque village of Telscombe.

This event is more than just a race; it's a community-driven initiative aimed at laying the foundation for an annual tradition. Your participation will help shape the future of this event, with plans to collaborate with a professional race organiser next year.



Limited Spots Available!

This is open to local clubs & has a limit of 100 places!!!

Register Here

👉 <https://www.peacehavenrunclub.com/trail10k>


Let's help make the Peacehaven Trail 10K a memorable success!

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

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Special Events Support: Julie Taylor


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Cross Country Representative: Josh Nisbett


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Grand Prix Events

Club Grand Prix Coordinator: James Marron

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Sussex Grand Prix Coordinator: James Marron

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Communications Team

Social Media Representative: Lauren Stallard

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Website Manager: Katherine Simmons

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Newsletter Editors: Jo Robinson, Ray Smith

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Club Team Captains

Men's Captain: Jeff Young

Men's Vice Captain: Gareth Hutchinson

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Women's Captain: Amanda Feast

Women's Vice Captain: Kathryn Warren

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Coaching and Training

Junior Coach/Leader: Emily Danvers

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Track Coordinator: Anneka Redley-Cook

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Couch to 5K (C25K) Organiser: Charlotte Lade

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LiRFs (Leaders in Running Fitness): Jeanette Wells

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Social Team

Social Reps:

Adam Haverly

Ray Smith

Kat Chamberlain

Jo Robinson

Jeanette Wells

Graham Jones

 social@seafordstriders.org.uk

Contact Us

Deadline for next issue
24 June 2025



No-one gets left behind

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

Contact Jo and Ray
newsletter@seafordstriders.org.uk