

SEAFORD STRIDERS NEWSLETTER



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Welcome to Summer

Ah yes! Running in a hot summer, like being chased across the Sahara by a rabid camel with a grudge! Picture this, the sun, a fiery death orb in the sky, grilling your brain like a sausage on a car bonnet. You're out there, doing an ultra yes, that's right, not just a little jog, but 50, 100, 200 kilometres of sweat, tears and the occasional hallucination of your mum offering you an ice cream. Your legs scream, your nipples chafe, and your sanity crumbles like a Rich Tea in hot tea! But still you run because you're a glorious, deranged, heat struck warrior of the road and trails. And afterwards? You collapse into a heap, whispering sweet nothings to your blistered toes and wondering where your toenails went. Summer ultras: they're madness, they're mayhem, they're MAGNIFICENT!





From the Chair

Eight Days a Week is a Beatles song, which I'm sure many of you will know. The song title prompted me to think of what I do, as a runner or supporting runners, in 8 days in a typical week Sunday to Sunday. This is the week I have chosen...

Sunday 15th June

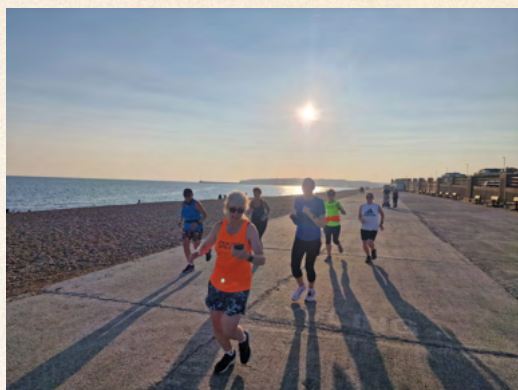
Just a little half marathon, the Hampshire Hoppit – my race report on this is included in this newsletter.

Monday 16th June

Usually I would go to track, but my toes were hurting so I had a rest day.

Tuesday 17th June

C25k – it was week 8 run 1, 28 minutes nonstop running. I had been asked to run with the middle group and was very nervous that my aches would prevent me from being able to complete the run nonstop. Somehow I did it and even managed to pick up a Strava achievement.



Wednesday 18th June

This was our fabulous Striders Summer Solstice Run. So many Striders taking part, adults and juniors. I had decided not to run, but I had an equally good experience just taking it all in. Lots of you volunteering. People chatting, encouraging and applauding. It is just an amazing event and we were blessed with brilliant weather in which to enjoy our post run

barbecue too. Striders at its best. Thank you SoCo for everything you do in arranging all our social events!

Thursday 19th June

Just an exercise class for me today, plus washing the hi vis used the day before so they are clean ready for their next outing.

Friday 20th June

Another exercise class, then getting ready for marshalling in the evening at the Longbridge Backyard Ultra.

Lance & I were positioned at Turn Point 2 where the runners picked up their yard tokens. This is a truly humbling event to be involved in and although we were only able to be there on the first evening you could tell it was special. It so brilliant to see our amazing Striders take part in a world class event comprising only up to 50 runners.



Saturday 21st June

Please excuse a "proud mum moment" being included here but it is running related...

My son Alex was doing his first ultra, Race to the King, with his girlfriend Laura (they were tail runners for the Seaford Martello Half Marathon so lots of you will have met them). He had done

several half marathons but no marathons so this would be his longest event. It was the hottest day of the year so not ideal! They started at 6:50 and we managed to see them twice en route with ample supplies of water, jelly babies, sun tan lotion and crisps. They suffered a few aches and pains but finished late afternoon. The 50k route measuring a generous 53k!



Sunday 22nd June

Back on home turf again for a fantastic Strider Sunday social run over Seaford Head and down to Cuckmere. We saw the seals, lots of chatting and laughter, enjoyed the views. Coffee and cake afterwards. Lovely! I feel so lucky to be part of our fabulous running community!

Brighton Marathon 2026

We need you!

40 Striders for 40 Years! Join Us for Brighton Marathon 2026

To celebrate **Seaford Striders' 40th Anniversary**, we're aiming to get **40 Striders** to sign up for the **Brighton Marathon** on **12 April 2026** and we'd love **YOU** to be one of them!

We already have a brilliant group forming, many of whom are training for their **first ever marathon**. This is a unique opportunity to take on a huge challenge with a **supportive, friendly team**, all sharing the same goal.

👉 Enter here: <https://www.londonmarathonevents.co.uk/brighton-marathon-weekend/enter-2026-now>

Experienced marathoners are very welcome too! Whether it's your first or your fiftieth, come and be part of this special event and help us make it truly memorable.

To help everyone feel confident and prepared, **Coach Joel Eaton** will be giving a **Marathon Tips & Hints** talk on **Thursday 18 September**, perfect for easing nerves and picking up expert advice.

Everyone who signs up will be added to a **fun and encouraging WhatsApp group**, where we'll share training sessions, boost morale, and keep each other going, step by step.

Let's make our 40th year unforgettable. **40 Striders for Brighton 2026!**

Contact Jeanette Wells or Kay Crush for further information



Without Hope...

I am a realist but without hope there is nothing

By Sam Horscroft

Hi there, for those who don't know me, I'm Sam, and I've been a Strider since February of this year. If you do know me, it's probably very little to do with my running accomplishments, I seem to have been 'put on the map' by my speedy annoying elite running brother in law, or my now infamous WhatsApp green face paint joke! The less said about both of those things the better...

This is my first story for the newsletter. It is not something I have really considered doing before, but having really enjoyed the previous additions, I felt it was only fair I contributed to the content and gave one less page for Jo and Ray to worry about filling! To please the fans, I have also included a superb David Brent quote, so do think twice before scrolling to the next page...

I have decided to use this opportunity to discuss the mind set I like to adopt around my running and generally in life. I call it 'realistic optimism'. I just Googled that made-up phrase and it provided the profound quote above, which quickly became my title.

Although I like to moan when I run as many of the Splash Point Group would have noticed on a Wednesday... I am generally quite a positive and optimistic person. I think this is crucial in life, but also in running and any sort of competing. However, what has always held me back from reaching dizzy sporting heights is my inability to be anything but a complete realist. I am just too sensible and realistic to push myself further than I truly believe I can go.

And my ceiling seems to be the middle of the pack. Whatever race I enter, be it a 5k or an Ultramarathon I always seem to finish roughly around slap bang in the middle. I have learnt to accept this and don't really push for much more, I am far too realistic to think I'll be running past my nemesis and namesake Samantha Alvarez on a Saturday morning at Parkrun!

Anyway... The laboured point I am trying to reach is I try to use this strange optimistic/realistic mind set to my advantage when running and set myself challenges. With most races I enter, I like to set an 'achievable' goal I can reach in terms of time.

My 'A' race for the early part of this year was the UK Ultra 20-mile race in Eastbourne on the May Bank Holiday weekend. And yes, before all you

keyboard warriors go crazy, I know 20 miles is not an ultramarathon, it's just the name of the organiser ok...

In 2024 I ran their 50k race and in 2023 I ran the 20-mile race I was now repeating. With nearly 3000 feet of incline, finishing over Beachy Head, it's a tough race. My aim was to finish in under four hours having gone around in 4hr13mins two years before.

Tying in with the mind set I have previously explained, I set out quite a strict plan for the race. I had a time goal for each aid station and I knew my realistic tendencies would not allow myself to set off too fast at any point.

Quite remarkably, on the day everything I planned went exactly right. I hit each aid station at roughly the right time and thoroughly enjoyed the new route UK Ultra had set this year. My main aim was to reach East Dean no later than 2hr45mins into my race, to give me 75minutes to run (stagger) the last five miles through Birling Gap and over the brutal cliffs of Beachy.

I arrived at East Dean just one minute later than planned, had a quick top up of water and coke in my bottles and shot off.

The last part of the run was just as brutal and glorious as it always is, but I was delighted to finish in 3hr54mins and 37th overall, which to my surprise was just ahead of mid-pack.

It was a fantastic day all-round and one of the most enjoyable races I have ever ran, must be all that realistic optimism...

Thanks for reading,

Sam

***"To live without hope is to cease to live,"
Fyodor Dostoevsky***



"Fyodor Mikhailovich Dostoyevsky. Born 1821, died 1881..."

Recent Results

Hastings 5 Mile

29/03/2025

3	Ollie Sprague	00:26:25
16	Richard Impey	00:28:57
28	Gareth Hutchinson	00:29:59
36	James Marron	00:30:25
72	Luke Borland	00:32:49
79	Steve Sprague	00:33:15
249	Sebastian Dopson	00:41:19
284	Jill New	00:42:43
325	Lucinda Dopson	00:44:59
360	Helen Ramsey	00:46:58
371	Gary New	00:47:40
413	Chris Le Beau	00:50:18
432	Debbie Priest	00:51:19
439	Michael Priest	00:52:01

The Weald Challenge Half Marathon

08/06/2025

5	Matt Clare	01:35:36
49	Damian Partridge	01:59:45
50	Richard Preece	01:59:51
134	Peter Jaques	02:16:10
148	Adam Haverly	02:20:44
182	Dominic Hind	02:30:42
189	Hazel Tarrant	02:33:06
190	Sue Curtis	02:33:06
232	Kat Chamberlain	02:37:46

Worthing 10K

08/06/2025

30	Richard Impey	00:35:32 PB
130	Fabin Eason	00:39:22 PB
189	Steve Sprague(peace)	00:41:02
1178	Ollie Sprague(peace)	00:55:55
1600	Chris Le Beau	01:02:44

Brighton 10 Mile

08/06/2025

127	Robert Sarjeant	01:16:25
232	Graham Jones	01:24:40 CR
311	Katherine Simmons	01:28:45
533	Kay Crush	01:40:21
575	Katie Mayo	01:43:20
577	Tom Forristal	01:43:21
656	Lauren Stallard	01:50:05
668	Peter Fannon	01:51:56
710	Julie Fannon	01:56:40
744	Jeanette Wells	02:02:03
750	Bryony Halls	02:03:19

Brighton 5K

08/06/2025

98	Darren Wymer	00:23:44
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Eastbourne Triathlon/Duathlon

08/06/2025

100	Rolando Hutchinson	Standard Triathlon
	Swim 00:23:54	T1 00:04:22
	Cycle 01:28:11	T2 00:02:24
	Run 00:42:31	Finish 02:41:23
427	Justine Ridgway	Standard Triathlon
	Swim 00:30:50	T1 00:08:05
	Cycle 02:00:06	T2 00:04:37
	Run 01:09:45	Finish 03:53:26
152	Sue Leppard	Sprint Triathlon
	Swim 00:31:15	T1 00:00:14
	Cycle 01:00:42	T2 00:03:11
	Run 00:33:00	Finish 02:08:22

Eastbourne Duathlon

08/06/2025

5	Erica Martin	Sprint Duathlon	
	Run 00:11:46	T1	00:02:15
	Cycle 00:47:41	T2	00:02:38
	?	Finish	01:26:18

Southdowns 100 Mile

14/06/2025

-	Steve Green (bad ankles)	DNF(68M)
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Hampshire Hoppit Half Marathon

15/06/2025

345	Victoria Maleski	03:30:59
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Heathfield 10K

15/06/2025

1	Ollie Sprague (peace)	00:33:31
20	Gareth Hutchinson	00:39:20
47	Luke Borland	00:43:12
209	Katherine Simmons	00:58:39
223	Leslie Mayger	01:00:36
229	Simone Amis	01:02:00
237	Catherine Howe	01:02:49
249	Kay Crush	01:04:15
258	Kate Lewis	01:04:52
265	Tom Forristal	01:05:53
271	Lauren Stallard	01:06:36
304	Jo Robinson	01:12:47
315	Sandra Standen	01:22:57
316	Jeanette Wells	01:22:56
318	Sally Mayger	01:26:52

Longbridge Backyard Ultra

20/06/2025

4	Joel Eaton	20yards	DNF
5	Russel Davis	18yards	DNF
11	Bryony Clarke	17yards	DNF
12	James Dopson	16yards	DNF
14	Ralph Jennings	15yards	DNF
31	Adam Haverly	8yards	DNF

Recent Results

Eastbourne 10K

22/06/2025

71 Simon Peck
277 Gavin Wright

00:47:27
01:04:17

Alfriston 7K Trail

22/06/2025

Louise King

Beyond London 55K

22/06/2025

165 Phil Robinson

07:33:33

The North Downs Run 30K

29/06/2025

95 Dave Dunstall

02:47:12

Leonardslee Trail 10K

29/06/2025

81 Lousie King
84 Ellie Woolcott

01:16:05
01:17:06

Porthcawl 10k

06/07/2025

2892 Paul Swinnerton

01:04:39

Bowl 15 Trail

06/07/2025

39 Austin Warren
58 Fabian Eason
73 Ralph Jennings
107 Joshua Rudd
110 Luke Borland
178 Richard Impey
195 Richard Preece
210 Sue Curtis
226 Peter Jaques
240 Kathryn Warren
302 Simon Homer
310 Michelle Mills
380 Katherine Simmons
381 Paula Tiller

01:57:15
02:02:13
02:07:11
02:15:01
02:15:14
02:26:32
02:29:39
02:32:45
02:35:10
02:37:08
02:52:52
02:53:39
03:16:09
03:16:12

Goodwood Duathlon

06/07/2025

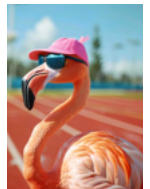
10 Erica Martin	Sprint Duathlon
Run 1 00:16:16	T1 00:01:00
Bike 00:36:01	T2 00:00:59
Run 00:16:44	Finish 01:11:01

Spitfire scramble 24 hour

Results to follow

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

newsletter@seafordstriders.org.uk



Deadline for next issue
24 August 2025

Contact Jo and Ray
newsletter@seafordstriders.org.uk



Janine Bishop

My Running Journey

My first ever memory of 'running' was when I attended an after school club aged 7. I hated it as I couldn't keep up with the older children. I grew up in South Africa until aged 14 where athletics and swimming competitions were held regularly between schools. I hated getting my face wet so had to persevere with the running. Fast forward 30 plus years and I have started and stopped running numerous times but after joining Seaford Striders my running journey truly began.

Having regular WNS meets made me run another time in the week and before I knew it I felt confident enough to join the Sunday social runs. These runs helped increase my running distance and having the promise of cake at the end was and is always a great incentive.

As my confidence grew I decided to enter Worthing half marathon and loved it. I have since run Brighton half marathon twice and Beachy head half twice. Hearing about other Striders accomplishments I wondered if I would ever complete a bucket list goal to complete a marathon.

I decided to volunteer for UK Ultra as they were in need of marshalls and stationed at Southease I watched the 100 milers, 100km and 50km runners come through and was completely inspired. The volunteering role gives you a free entry to an event and before I could change my mind I signed up for the 20 miler.

Training commenced in earnest after Christmas and included a run in Manila in 30 degree heat during the Easter holidays. I never got past running 14 miles in training which made me nervous, so my number one goal on the day was to just complete it. Number two goal was to get near to 6 hours. Well I hit both those targets with ease and loved every minute of the race (except maybe walking through a herd of young calves). The weather was perfect, view were gorgeous, I sung, smiled and whooped the downhills.

I know that without the support, advice and encouragement from every Strider I have met or heard about through the Strider Whatsapp I would never have got to where I am now with running. So thank you each and everyone of you. You are all so inspiring.

So what's next well its Brighton Marathon in 2026 with over 20 strider friends and I cant wait. Then who knows maybe a 50k in the future.....



Longbridge Backyard Ultra

Summer Longbridge 100 Backyard Ultra: My Return to Ultra Running

By Ralph Jennings

The evening before the longest day of the year, and two days after I celebrated my, ahem, 58th birthday at the Striders Summer Solstice run on June 18th, I lined up with 45 other loons to try and run a 4.167-mile yard (loop) with 590 feet elevation gain every hour, on the hour, for as long as our bodies and minds would let us. Sound crazy? Well, it is. And let me tell you that this “last man standing” concept is as strategically mentally tough as it is physically tough! But I’ve always lived by the mantra that “outside your comfort zone is where the magic happens.” And this ended up being total magic.

I had signed up for this event last year, after seeing good friends and fellow Seaford Striders James Dopson and Joel Eaton complete it in 2024. I had also volunteered as a marshal in the inaugural event before, when I witnessed Dan Lawson win and Sally Gunnell’s nephew John be the ‘assist’. And the fact that race founder and director Darren Evans is a good friend, well known and involved with many Striders, and an incredibly passionate, amazing person, made it a no-brainer for me. As a spectator and cheerleader then, the atmosphere was electric, and I wanted to be a part of the recipient end of all that awesome positive energy!

Most who know me know that I have done several Ultra events in my past in France, Spain, and the UK, ranging from 50km up to 128km, many of them on quite mountainous terrain. However, my last Ultra event was way back in February 2019, when I attempted the Transgrancanaria 128k for the third time (and second time to complete it). A month after, I experienced what would be the start of a series of ‘non-running-related’ injury and health issues that prevented me from enjoying my passion for running (those who read the Runner’s World feature on me published in 2022 know all about these experiences).

It started with a pretty serious bout of pneumonia which hospitalised me for quite some time. Once recovered from that, I then ruptured my quad tendon (one of the largest tendons in the body) and shattered my kneecap



from a fall on the Peacehaven undercliff pathway (algae on concrete is not my friend!). Exactly a year later, I slipped and fell again at nearly the same spot on the undercliff and fractured my arm and ribs. Clumsy, are we? At around the same time, I also had a spontaneous bicep tendon detachment, which to this day, I have no idea the cause.

However, just before this, I had torn the carotid artery in my neck from a neck manipulation (personal advice here... be careful with having those done), and suffered a subsequent stroke, which was probably the

incident that changed what I thought was my ‘normal life’. Then, just last year, I ruptured my shoulder rotator cuff tendons from a bike crash, which the surgeons could not successfully re-attach several of them. A lot of you knew me as the one-armed bandit at races back then.

To say the least, each of these incidents really made me think that my running career was over. So much time was spent recovering from surgeries and treatments, and those long periods of not being able to run really messed with my mental health. And when I had the stroke, and couldn’t run for a really long time, and then being completely fearful of any increase in heart rate that could rupture the aneurysms in my neck, that was putting me into a real depression, which I had never really experienced in my life before. An Ultra event—I couldn’t even think about it, let alone dream that it would be possible.

But I have now somehow got myself bolted and stitched back together (was hoping for some real bionics), and other stuff under control and have had a new lease on my running life. And fast-forward to 2025, and I am now lining up for this Backyard Ultra, which will be my first attempt at an Ultra run since that time back in 2019!



I was so pleased when I realised that 6 of my Seaford Strider friends had signed up too, as well as a friend from Peacehaven Run Club. James and Joel had decided to go for it again, and Russ Davis (running his 2nd Longbridge), Bryony Clarke, Adam Haverly and Kevin Pryde had also entered.

Unfortunately, Kevin had to withdraw before the event (but he had completed a mad and amazing Ultra run of 145 miles less than a month before).

And I had convinced friend Alex Hyne from Peacehaven Run Club to join me in the attempt this year as well – and he agreed! I was very excited to realise that I would know quite a few of the participants this year!

The backyard concept was truly intriguing to me. I thought it might be good to help regulate my pacing, and the thought of having an aid station at the same location every hour was sort of appealing. And knowing that every hour, all the runners start the next lap together – so you never run for hours totally on your own, like you do with most Ultras. I might have been a little apprehensive about the timing gaps between each lap, the stop/starting, and the pressure of time constraints. This all played into the intrigue of it all.

My training for this was less than ideal. I had a blip with a chest infection a few months ago, and lost motivation to do any training. It's weird how little blips affect the mood with running, even when you know you are so passionate with it. But I knew that I probably wouldn't really lose fitness too much, and Ultras are less about training for the distance, and more about keeping overall fitness, and learning to run/walk strategically slower and fuelling properly during the event. In the lead up to the event, I managed to be able to do just 2 long runs over the marathon distance – which I tried to copy the format of the backyard ultra. I mapped out a 4.167 mile loop (yard) around my house and used my house as my aid station. Doing this solo, was incredibly difficult. I remember running just a few "yards" and thinking I couldn't mentally bear doing another one. How was I going to cope with this in the real event? But it was good practice, especially with the fuelling and stop/starting.

Then came race day. There was apprehension because the forecast was HOT! I've never been great with running in extreme heat. I mean, it's OK if it is a 5k or 10k, but an ULTRA? Hydration would be key! When we all lined up for the first yard and Darren led the countdown from 10 seconds, the nerves were definitely starting to set in, but the total excitement of the surroundings was incredible – I was beaming with a huge smile, which I pretty much kept the entire time! Then we were off!



The first yard was just about settling into the rhythm and getting to know what the course and terrain were like. I had done quite a bit of research about Backyard Ultras and read many people's strategies, and one thing that I kept hearing, was "it's not a race", and "easy pacing is key". I had it in my mind to try and run each yard in 50-52 minutes. Well... that didn't quite happen. Lol.

I ran most of the first lap with Joel, and it was lovely having a chit-chat with the man who placed 4th the year before, and who would place 4th again this year! Lots of intelligent and experienced advice (which I sorta stupidly forgot several yards later – you'd think I'd know better when I've done many Ultras before). But thank you Joel, I won't forget that advice on my next attempt for sure! It was fantastic seeing Striders Matt Winton, Kate Robinson, Victoria Maleski and Lance and Emily all volunteering as marshals on the course!

There were several other familiar faces too! Such a pick-me-up every time!! Matt seemed to be appearing all over the place in the middle of nowhere. I loved that! Victoria and Lance were at the 2nd turn-around point where we collected our token to take back to the start (a method of ensuring we ran the full distance, and a concept taken from the Barkley Marathons where you tear a page out of a book to take back).

And I can't say enough about my crew who dealt with my bossiness, scatterbrain, and lack of decision making! Russ Hewlett and Kathryn Warren, you were fantastic! I'm only sorry I retired before Dominic Hind could start his crew shift. 😊 Next time Dom! This event truly felt like a Striders event because they were everywhere and so encouraging to ALL the participants. Wonderful!

I was nervous that the heat was going to be unbearable the first few yards before nighttime would set it – but the breeze was a lifesaver! It seemed that with the first several yards, I connected with someone to run with for most of the yard – I ran with James for one (although he kept killing me on the downhill sections).

But lovely chatting when we weren't taking photographs of each other photographing each other. LOL. I ran with Alex for another yard, which was the amazing sunset yard.

The camaraderie is amazing, and it was a pleasure to feel like you were making the world right with the chats you had with other runners. All the runners were so encouraging to each other, and there were runners from all over the world. I heard so many different accents, which was really cool. The course has several out-and-back sections, and the support you get from runners running the opposite direction was really nice. I kept hearing "Go Mr America".

I think my twangy accent was very easy to detect. LOL. It all felt so intimate, which was a lovely atmosphere.

I ran with another guy who was wearing the same UTMB shirt I had worn in the first lap (I took mine off because it was too clingy). He had run the event the same year I did. Although he ran the TDS, and I attempted the UTMB. That was super cool to share stories. I also ran with another person who had run the Transgrancanaria. He ran the Advanced 82km event, while I had run the Classic 128km. But we both agreed it was our favourite Ultra event we had done so far (excluding this backyard ultra). 🤔

Running all through the night was heaven!! Perfect temperature and the orange crescent moon was a sight to behold! A perfect slice of cheddar cheese. And I wasn't nearly as nervous with the footing as I thought I might be. Then, not sure what happened in my head, but from yards 7 onwards, I started to forge to the front of the field with each yard. I ran with Zoe Salt (who was the assist last year – i.e. 2nd place, and ended up 3rd this year), who was like a metronome with pacing. I ran a bit with Stuart Mills, a previous, and multiple winner of the Beachy Head Marathon – now 62 years old and still going amazingly strong! And ran with eventual winner Adrian off-and-on a bit. I found that on the flats and the downhill, runners would just distance way in front of me... I couldn't keep that pace. But when it came to the up hills, especially in the 2nd half of the yard, I somehow had this 2nd gear with power walking up, and I would catch up and pass most of them.

But to be honest, this was my big mistake. Not the fact that I power walked up the hills, but it was the subconscious 'racing' in my head when catching up with other runners. I forgot the "this is not a race" advice. Each yard is just part of a whole package deal! But I don't fully regret the decision, because I totally had fun and felt so good. Nearly all my yards were coming in between 44-48 minutes – way faster than my goal, but hey-ho, it is all part of the lessons of doing events like this.

On yards 12 through 14, I found the first 400 metres of



each lap quite difficult as my lower back and left hamstring were really starting to feel a bit tight and sore. But after settling in after the 400 metres, it eased up, and I was fine for the remainder of the yard. After completing yard 14 – still feeling strong, I refuelled and set out on yard 15.

The first half mile I must have looked like a crickity old man with legs that had lost all their flexibility and a back that was really starting to seize up. Again, the up hills were no problem for me, but the down hills were killing my back and my hamstrings. In my head I thought I looked like Tinkerbell tiptoeing down the down hill sections. In reality, it was just an old crickity man hobbling around. The last mile of the yard is down hill, and I was telling myself this is going to be it, my back just can't hack another yard. And the heat-wave was wreaking havoc by this time as it was early morning. Prior research had told me that it is always best to stop mid-loop rather than at the end of a loop. This was evident when I saw people who retired at the end of a loop, and the amount of "ONE MORE YARD" chanting from all the other runners to encourage you to go back out was quite funny to hear.

So I told myself that I would start another loop, but turn back soon after I started it. So, I started lap 16 but turned around after 400 metres and returned to the start to retire from the event. I avoided the "ONE MORE YARD" chant-fest. Whew. I was feeling a bit deflated and disappointed because my energy was still off the charts even after running 100km already! But when the body says no, sometimes it's best to listen, and in this case, to save myself from probably needing a hip replacement or back surgery.

Also, a bottle of Long Man Ale, Liquid Spirit Coffee beans, and English wildflower seeds. Not the typical post-race goodie-bag, but my favourite post-race goodie-bag! Quite an emotional time after I finished as I kept thinking of several years ago when this didn't seem possible.

And now it IS possible and I did it! And I am back to being hooked on Ultra and trail running again! And the special time with special people I won't forget for a long time! Bring on Longbridge Backyard Ultra 2026!! 🤔





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.

Bronwin Cares and the Postage Fee Rebellion

Bronwin Cares was a blur on the footpaths of the Downs.. A sprinter with the precision of a metronome and the lungs of a mountain goat, she wasn't just an athlete — she was a Sneaky Snider, part of the town's underground elite running club known for their nocturnal marathons, odd rituals, and refusal to ever walk up stairs.

Despite her accolades and local fame, Bronwin harboured a deep, irrational hatred: postage fees. To her, paying for someone else to carry something she could just run across town with was, in her words, “a defeatist act of sedentary surrender.”

So she didn't pay them.

Instead, Bronwin turned every parcel delivery into an impromptu cross country workout. Whether it was a book to her cousin in Sleazhaven or a sweater for her gran two towns over, Bronwin would lace up, strap on her hydration belt and bolt out the door like a caffeinated gazelle. She logged more miles than the town's mail vans and earned a small cult following on social media under the tag #BronDelivers. “Wouldn't the bus back still cost you more than postage?” her friend Balph once asked, watching her chug beetroot juice after a 14 mile book drop.

Bronwin paused. “That's not the point,” she said. “The system wants us immobile and complicit. I will not be either.”

She had a point. Sort of.

There were challenges. Like the time she had to deliver a set of ceramic dishes and ended up carrying them like a precious egg crate while weaving through mountain bike traffic. Or the time it rained for three hours straight and her backpack turned a first edition hardcover into pulp fiction.

But she persisted.

Over time, the Sneaky Sniders started joining her. Not for the anti-postage crusade, but for the sheer novelty of it. “Bron-drops” became weekly events. People would sign up to have something delivered if they lived within a 30-mile radius — and didn't mind it arriving slightly sweaty.

Eventually, the local postal office caught on and offered her a job. She declined, citing philosophical differences.

One spring morning, after a 19 mile envelope run to a poetry professor and a slow, sore bus ride back, Bronwin collapsed into a park bench, smiling.

A little boy called Spenson on a scooter watched her curiously and asked, “Why don't you just use stamps like my mum?”

Bronwin looked at the boy, dead serious.

“Because, kid... revolution never comes with free shipping.”

And with that, she sipped her protein smoothie and plotted her next drop.

Crewing Bryony

Ray Smith

Crewing Bryony: A Wild Ride with a Wonder Woman on the Trails

Crewing or supporting can be tough, with often a weekend of slept deprivation, poor diet, standing around waiting, exposure to the elements, sometimes a little bit of stress, making checkpoints and dealing with the responsibility of fulfilling your runner's needs along the route. I mean it's almost like you've run the damn thing. But then I guess that's the reason I do it. With my Ultra running days long over this is the closest I can get to actually running these kind of events. Almost getting the same emotional hit that I used to get when I ran them myself with the added bonus of being able to walk the next day.

A little bit about Bryony.

Crewing an ultra runner is a special kind of experience. Part logistics, part emotional support, part crisis management. But crewing Bryony? That's a whole different game.

A gifted ultra runner with the heart of a lion and the timekeeping skills of a stopped clock.. She's talented, determined and utterly unpredictable in the most Bryony way possible. She'll show up late, leave packing to the last possible moment and then somehow still crush a 100 miler like she's just out for a jog. Well, sort of.

My first experience crewing Bryony was at the South Downs Way 100 mile. Her longest challenge to date. After getting up at 2.30am to pick her up from her hotel I was less than impressed to be made waiting 30 minutes or so as she got herself ready. We made the start with 5 minutes to spare. She started strong, full of energy and nerves as usual. But like many long races it didn't all go smoothly. Somewhere deep into the course her stomach decided it wanted to be the main event. What followed was a battle of wills between Bryony and her digestive system with multiple "pit stops" and more than a few worried frowns from myself and the rest of the waiting team.

At one point she crouched down on the open Downs, head torch on, pants down and proudly (if unintentionally) gave a full frontal display to the South Downs wildlife and possibly a few startled runners. In the struggle to pull up her shorts, she ended up with her knickers thoroughly tangled apologising for her lack of 'lady gardening' and a stream of slurred colourful language. This will make a good story I thought to myself. Even when everything was falling apart, dignity, comfort, clothing she was still babbling on about making the finish. 45 minutes and 1 mile later we made the safety of the car where the makeshift nappy crew of Kat, Paula and Fabian were on hand. Thankfully Bryony's stomach was now settled leaving her with just a horrible sense of nausea. About 30 minutes later Bryony was back on her way full of determination. The pace was slow at first, but she soon found her rhythm again. I ran ahead down the steep hill into Eastbourne, calling out warnings about any upcoming hazards. To keep her spirits high, we played a game: "Can we run to the next lamppost?" True to her nature, she always pushed herself to go just a little further. (the next lamppost)

At the finish line the rest of the crew, family and supporters were waiting. We all joined her for the final stretch running that last lap together. There were hugs all around and Bryony, ever gracious, thanked everyone for their support. She had done it—becoming the first female Strider to complete 100 miles.

Onto Longbridge

Longbridge is tough. It's arguably harder to run 100 miles in 24 hours there than on the South Downs Way. The terrain is hillier and there's never really an option to rest for more than ten minutes or so at a time. By the later stages even maintaining the required 4.17 miles per hour feels like a monumental task. Still, for any Backyard Ultra runner it's a target that looms large in the mind.

This year, Bryony's main focus has been the Swiss 100K, so the plan was simple, aim for 50 miles and maybe push to 100K. Only if she was feeling strong with no niggles and no sickness would she go further. After some debate we settled on alternating Tailwind and water each lap and she would manage her own nutrition. That made crewing far easier: Keep the bottles full, lay food out at the turnarounds and offer the occasional motivational chat.

Unlike usual, I only had to wait five minutes for her this time as she'd had the afternoon to prepare. Slightly more nervous than usual, we picked up Jo and made our way to the venue with plenty of time to hear the briefing, greet fellow Seaford Striders and set up our little patch in the barn. Then of course came the obligatory change of plan. Worried about her calorie intake it would be Tailwind every lap. A quick juggle of bottles and a minor panic over food we were back on track. I suggested we play it by ear. Flexibility was key.

After that slightly muddled briefing from Bryony, the countdown began and they were off, everyone smiling as they always do in those first laps.

The early stops were a blur of questions and indecision, but soon we found a rhythm. Bryony always left ourselves enough time to regroup and cheer on other runners. Between laps, I chatted with other crew members, stood around the fire pit and tried to keep tabs on who was dropping out.

Around 2am, I attempted to sleep between laps. I'm not sure if I actually slept, but I definitely spent some time dazed and confused making the short shuffle from car to barn. Still, being out in the countryside on a clear starlit night was an absolute joy. As the sun rose there truly wasn't anywhere else I'd rather have been.

The laps kept ticking by, along with bottle swaps and food offers, anything to tempt Bryony to keep fuelling. By mid morning the heat was rising fast and runners were starting to fall away. Remarkably five of the last fourteen runners were Seaford Striders. Everything was going to plan: Bryony had already had a brilliant run and was still moving strong.

But a couple of laps later it was over. A slight niggle in her leg and a protesting stomach told her what she needed to know. She'd gone beyond her target and knew she had very little left. She made a decisive call.

It was a smart and gutsy run and a testament to her experience and discipline. Longbridge never gives anything away easily but Bryony got exactly what she came for and then some.

As for me, crewing her through it all was a privilege. You see the race in a different way from the sidelines, not just the effort, but the strategy, the resolve, the little adjustments that make the difference. There's something special about being part of that quiet determined process. You don't run the laps, but you're right there for every one of them. And when it's all done, you're just as proud because you get to witness something remarkable up close.



The end
is where
we start from.
— T. S. Eliot

Couch to 5K

Couch to 5K 2025 – A Fantastic Success!

By Charlotte Lade

I'm thrilled to share that our recent Couch to 5K 9-week programme was a huge success!

It was my inaugural year as C25K organiser. Up until then, I've only ever previously seen proceedings firmly from the other side of the fence! But from start to finish it was truly a huge team effort.

This year we had over 60 individuals sign up to join the programme (the biggest ever so far I'm told)! For various reasons and in line with our usual numbers, the numbers reduced as the weeks went on. Often for most struggling to make time to fit the runs in. But each week, those that showed up were fully committed to the challenge, showing incredible determination and enthusiasm.

And for over 20, all of their hard work culminated in a brilliant morning at the Seaford Beach parkrun last Saturday, where every single one of them crossed the finish line with a smile. For many, it was their first ever 5K, and the atmosphere was filled with cheers, encouragement, and a real sense of achievement. One chap turned 81 and was keen to complete a C25K the weekend before his birthday. Just one of the many inspiring stories we came across!

A huge thank you goes out to our amazing run leaders (Rob, Tom, Julie and Jill) whose support, guidance, and motivation kept everyone going each week. As well as all those that helped with the warm ups and cool down sessions (especially Margaret, Jeanette & Victoria). We're also incredibly grateful to the volunteers who came each week, truly making the experience all that it is. This event wouldn't run (quite literally) without you all.

And also a big thank you to those that volunteered at Seaford Beach parkrun, whose time and effort made the event run so smoothly and welcoming for our runners.

A number of our graduates have already signed up to become a Seaford Strider, which is great to see. We can't wait to see where their running journey's take them next.

Thank you again and well done to the C25K class of 2025!





Summer Solstice Run

Wednesday's 5K and 2.5K Solstice Run saw a great turnout under bright midsummer skies. Many cooled off with a sea swim before enjoying hot dogs, burgers and drinks on the beach. Huge thanks to the SoCo team, especially Kat and Graham who dealt with logistics, with Adam in his Grubbs Burgers tee and Ray in full flamingo attire on the barbecue. A perfect night to run, relax and celebrate the sun's power.



Dexter - 7

I ran the race with my friend Isla, we had fun. We got so hot my mum squirted water on our faces. It was hard but we did it to the end. The burger was the best.



Junior Striders



Junior strider Joshua has been running with and supporting his Dad Rich, who signed up for couch to 5k. Rich has to tell Joshua to slow down at points as he can't keep up. Well done Joshua for the motivation!

Mud Ninja's Run by Caleb Eaton

I did the Mud Monsters run with my Mummy and it was really fun. It was 2k and you had to climb, jump and crawl over different muddy obstacles. My favourite part was where you had to swim in a bog. I can't wait for the next one – **Caleb**.



I didn't think I'd get muddy on the run or that I'd entertain the prospect of swimming in a stinky bog but, once you accept the mud, you embrace the mud. Warning - I washed Caleb's socks 3 times and still they remained muddy – **Emily**

WELCOME TO THE STRIDER FAMILY

Phoenix



Congratulations Amanda & Phill



Striders in the Community



Striders Obstacle Course Takeover at Seaford County Primary Summer Fair

Striders brought energy and encouragement to Seaford County Primary School as they took over the school's obstacle course. Adam, Bronwyn, Julie, Jo, Ralph and Ray helped guide the children through a lively selection of challenges, from the balance beam and scramble net to the egg and spoon race, paddling pool and more. The course began at the hay bale and ended with big smiles and well earned stickers for everyone that took part.



Striders Colour Run Fun at Annecy Summer Fair

Emily, Joel, Ray, Jo, Victoria, Sue, Amanda and Phoenix, Julie, Kat and James made sure no one stayed clean, showering runners (and each other!) with bursts of vibrant colour throughout the day. It was a joyful, energetic event filled with laughter, teamwork and rainbow coloured memories. Participants enjoyed a colourful warm up, tackled exciting obstacles and finished with a paint party celebration and medal.

Hampshire Hoppit Half Marathon

By Victoria Maleski

I love running around Seaford on the South Downs but the Hampshire Downs also means a lot to me as I used to live nearby in Newbury. I wasn't running then but did lots of walks around there.

Last year a random Facebook post popped up for the Hampshire Hoppit so both Lance and I signed up to do the 10k which we loved.

Why is it called the Hampshire Hoppit? Well, the Hampshire bit is obvious, but the Hoppit bit comes from Watership Down (remember the book about rabbits by Richard Adams which was made into an animated film?), Watership Down is a real place and bunnies hop!

The event comprises a marathon, half marathon and 10k all run on the same day and all including challenging mainly trail routes up and down the Hampshire Downs. Think of Beachy Head weekend, blended in with Seaford Martello Half Marathon – this gives you an idea of the vibe on event day. It is brilliantly organised by Basingstoke & Mid Hants Athletics Club with a relatively small number of entrants for each distance.

Having "enjoyed" the challenge of the 10k last year I decided to extend the distance this year to the half marathon and what an amazing route that was, but I hadn't really taken on board the spread of the elevation before the event.

We stayed in Newbury the night before the event and awoke on event day fuelled



by a lovely curry (was that wise?) the night before and a buffet breakfast. There is plentiful free parking at the start point and it was a short stroll on the warm morning to pick up my number. Lance had signed up for the 10k, but his calf injuries stopped him from taking part.

The marathon runners had already set off so it was mainly the half marathon entrants hanging around, applying sun cream, using the ample clean portaloos, last minute fuelling / hydrating, chatting and enjoying the view near the start.

We were promptly called to the start and off we went. The first part of the course is a long upward section beside the Kingsclere Stables training routes. We eventually turn off through fields and on chalky / flinty paths some shaded, but most were open to the beating sun as the temperature increased.

My plan for the event was to run the level and downhill sections and walk the hills, making sure I took photos of the stunning scenery on the way. It was a lovely chatty event and I settled into a group of runners who were around my pace. The elevation was mainly downhill in the first half and more uphill in the second half with lovely views throughout.

There were four aid stations on the course, two water only and two with a selection of sweet and savoury items. All the marshals were fab, so encouraging and clearly enjoying their day out.

Having enjoyed the mainly downhill first half I was finding the uphill sections a bit more of a challenge but I followed my plan of mainly walking the uphills and was looking forward to the downhill run towards Kingsclere village. I hadn't appreciated quite what was coming next. To put it into context, think of our local High & Over hill where the White Horse is – that was my downhill reward and it was hummocky as well.

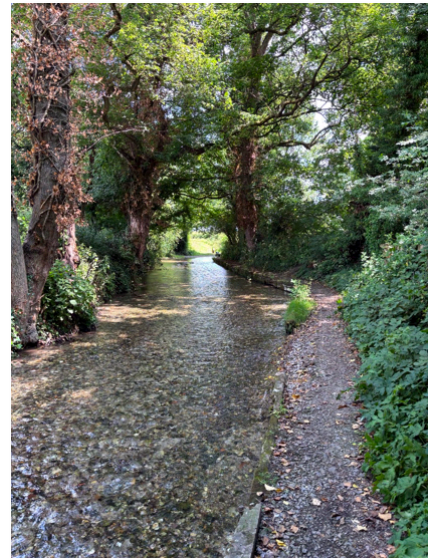
I was wearing trail shoes which have a bit less padding and I really felt the downhill pressure on my toes through the descent. There was a smiling marshal at the bottom of the hill, apparently I wasn't the only person to comment that they felt cheated by the form of the downhill!

From there it was a route via another section of Kingsclere Stables training gallops after going along their tree lined entrance road. We crossed over Kingsclere Road then along by a shaded stream, through a little ford and then for a gentle climb towards the finish (or so I thought...).

I'm used to little uphill sections towards the end of half marathons but this was something else. I knew the final stretch to the finish was a gentle grassy downhill but I had to get there first. My aching legs and bruised toes were in for a treat – a lovely uphill climb. I knew I was going to be walking it but I just had to take advantage of a few photo stops on the climb!

Lance was waiting at the top of the hill and filming as I appeared, I think my face must have told him how tough that bit was. From somewhere I found enough energy to do a sprint finish but I felt I had given everything. I got my medal, goody bag and half pint glass, filled the glass with water (stronger beverages were available) and lay down on the grass. It felt like a major achievement.

Even though I found the event tough it is definitely one I would do again and I recommend it to other Striders too.



ETIQUETTE

Etiquette - what's that got to do with you as a member of Seaford Striders?

It is defined as the customary code of polite behaviour in society or among members of a particular profession or group.

You just come along to WNS, track night and our social events to get on with your running and to chat with your running buddies. Maybe you want to make new friends, or you feel like you need that extra bit of support to help you towards your next running goal. Perhaps you came through our wonderful c25k programme or decided to join after you saw our strong camaraderie at events. As part of the club, you chat on WhatsApp and comment on our social media.

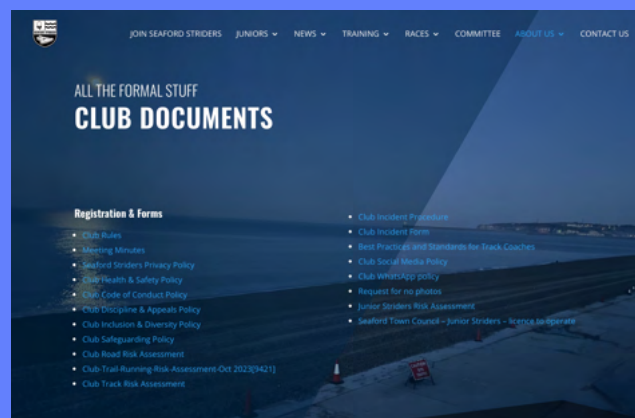
Whatever your reasons for being a member of Striders in behind our day-to-day club operation there is a structure to help ensure the club is run properly for all of us. This structure is available to everyone on the club website.

We are all Striders and we all have responsibility to collectively act appropriately as club members. When we join and when we renew, we tick a box to say we will comply with the Club Code of Conduct, Social Media and WhatsApp Policies. These policies are designed to protect all of us, to encourage us to think before we speak or write something that may have potential to be hurtful to others.

We are an inclusive club for all abilities, we are welcoming to all new members and we are supportive at events, we use Striders social media and WhatsApp in a caring and compassionate manner – we don't just run, we also have fun.

All our club documents are available here...

<https://www.seafordstriders.org.uk/about/club-documents/>



By Victoria Maleski

Bates Green Relay – Join the Fun!



We're excited to announce that we've been invited back to take part in the Hailsham Harriers Relay at the stunning **Bates Green Farm** in Arlington (BN26 6SH). This fun, off road evening event takes place on Wednesday 13th August 2025, starting at 7:00pm.

Each team will consist of four runners, each completing one leg of approximately 1.5 miles across beautiful countryside trails. The route is entirely off road and each team will be given a chip timed baton to ensure accurate timings.

We can enter up to seven teams in total, including up to two junior teams, so get your names in early!

Team categories and prizes will be awarded in the following:

Senior (under 40): Male / Female

Veteran (40+): Male / Female

Mixed teams (Senior and Veteran categories)

The **entry deadline** is Wednesday 6th August 2025. The cost is £30 per team or £7.50 per runner. Parking will be available on site.

If you'd like to take part, please get in touch with our team captains:

Amanda: womenscaptain@seafordstriders.org.uk

Jeff: menscaptain@seafordstriders.org.uk

We'd love to see as many Striders as possible taking part in this fab summer evening event.

Social Events



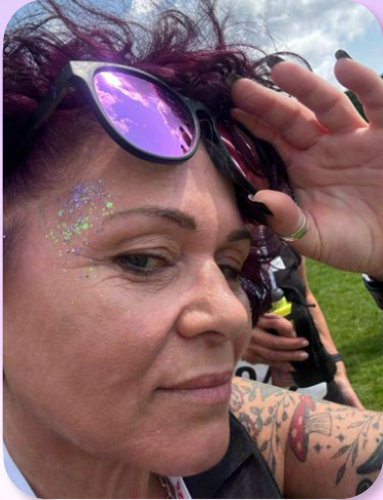
AUG 20 SCAVENGER HUNT
(DATE CORRECTION)

SEPT 13 BUSHY PARKRUN

All That Glitters Is Gold

Sparkle and Cheese at Heathfield 10K ✨

By Jo Robinson



Most runners prepare for a 10K with an early night and a bit of carb loading. Jeanette and Sandra, however, turned up still sparkling from the previous evening's *Abba Voyage* experience, rolling straight into the 40th anniversary Heathfield Midsummer 10K on vibes, glitter and absolute defiance of sleep.

Sequins, shimmer and some extremely optimistic eyeliner made it to the start line. "We covered ourselves with sparkle to hide fear," Sandra said, adjusting an imaginary tiara.

Glitterati On the Move

Fuelled by sausage rolls and half a Twix, they bounced through the country lanes of Cross in Hand and Waldron with the energy of disco queens on a mission. "I was flagging at mile five," Jeanette said, "but Sandra shouted, *What would Agnetha do?* and we kept going."

At one point, a Hailsham Harrier pointed and yelled "*Fairies!*"

At another, the pair swore, then swore blind they saw a **giant cheese vending machine**.

"No one believes us," Sandra said, "*but I swear it was real. I smelled the Brie.*"

Post Race Glow

They finished the race smeared with success and highlighter, still grinning despite finding glitter in their ear canals and... other crevices.

"Three makeup wipes and a hose still didn't cut it," Jeanette confirmed.



The Striders motto, "*No one gets left behind*" became "*halfway round I found glitter in my behind!*" – Sandra,



🟡 If you see a cheese vending machine, you're blessed. Rumour has it that Jeanette and Sandra return for their cheese hit on a regular basis. Often on their way home from dancing to some cheesy hits!

Heathfield Mid Summer 10K



Race Report: Heathfield Midsummer 10K – 40th Anniversary Edition

Sunday 15 June 2025 Cross in Hand, Heathfield
The 40th running of the Heathfield Midsummer 10K fell on a gloriously sunny Sunday and drew a strong field to the picturesque lanes of East Sussex. Hosted from the well equipped Cross in Hand recreation ground, this race forms part of the Sussex Grand Prix and continues to earn its reputation as one of the most scenic and challenging in the calendar.

With a profile boasting nearly 500 feet of elevation gain, this is a course that rewards grit and tenacity. The route winds through the countryside between Cross in Hand and Waldron, offering rolling hills, lush hedgerows and the occasional cheering villager for support. A water station at 2.5 miles kept things ticking, while a second at 4 miles featured not only hydration but also some surprise entertainment a small but mighty morale boost before the final ascent.

Shout out to Ollie Sprague (running for PRC), who stormed home in an impressive 33:31. The Striders contingent turned out in force bringing our signature mix of enthusiasm and post race cake appreciation.

Facilities at base camp included clean toilets (always a bonus), a well run registration area and a lively post race scene featuring barbecue, cakes a bar, and an amazing goodie bar which included well received ice pops! The event also raised funds for cancer research and Macmillan, giving us all another reason to feel good about our Sunday morning exertions.

A big shoutout to the organisers and marshals, who made the whole experience smooth, safe, and welcoming. Here's to another 40 years of this midsummer classic.



I ♥ Brighton Ten

10 things I loved about the Nuun Brighton Ten

By Katherine Simmons

- 1) Getting to the race the fun way – sharing the top deck of a 12A bus for a chat with fellow Striders, then a short walk to the race village from Dukes Mound.
- 2) A really well organised race by Run:Through– a race village you can get around easily, no queues for the bag drop, plenty of toilets and runners called to the start in waves.
- 3) A flat and fast route 10 mile route with two loops taking you around Hove Prom - not too many twists and turns (but watch out for wonky paving slabs!)
- 4) Friendly, supportive pacers helping you to achieve your goals – including Seaford Beach parkrun regular Chirag.
- 5) Pacer Jenna who I caught up with in the last 400m, who cheered and willed me on to a sub 1:30 (1:28:45), my second fastest 10 mile and a time I didn't think was possible and was absolutely thrilled with!!!
- 6) Graham Jones on a mission to set the V70 10 mile club record - and coming first in his age category in 01:24:40. Massive congratulations Graham!
- 7) Watching Kay coming through the finish, beaming with Chirag having set a 10 mile PB in 1:40:21 and overall 4th lady in her age category... then watching her ring the PB bell!
- 8) Despite a challenging week for some and the heat, watching Striders smash it as they came through the finish.
- 9) There's no goody bag (so less litter) but they give out nice snacks at the end. The Biscoff Trek bar was voted the favourite.
- 10) Celebrating our achievements together with a VIP Pizza!

Great to run with you: Tom F, Lauren, Julie F, Peter F, Kay, Jeanette, Bryony H, Rob S, Graham



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 Amsterdam at Darklink with Adam.



Mince Pie 10 – Entries Now Open

Entries for the ever popular Mince Pie 10 are now open*.

We kindly ask all Striders to keep Sunday 7th December free to help with marshalling or other volunteer duties. This is a club organised event and your support is essential. If you're keen to run the course, don't worry, we'll be organising special Mince Pie re run dates just for volunteers.

The club nominated charities for this year, as selected by the committee, are The Rockinghorse Appeal and St Wilfrid's Hospice, Eastbourne.

To volunteer, please contact Graham Jones at gmtcdjones@gmail.com.



Support will be needed between 9am and 2:30pm, though exact timings may vary. Graham will assign specific and general roles and will do his best to accommodate any special requirements you have, just let him know.

Further details will be shared closer to the event. Thank you for your continued support.

*Please do not enter unless Seaford Striders is your second claim club. In that case, you may enter on behalf of your first claim club

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

Male Results – Update 08/07/25

Pos	Name	Whitbread Hollow XC	Seaford Beach Parkrun	Seaford Martello Half	Eastbourne Parkrun	Dream Mile	Haywards Heath 10 Mile	Horsham 10k	Preston Park Parkrun	Summer Solstice Run	Bewl 15	SS V/B Point	Total Points	No. of Runs
1	Josh Nisbett	29	27	29	28	24	30		23	30			220	8
2	James Marron	27	24		24	30	28	29	29	27			218	8
3	Richard Preece	23	23		29	25	29		27	21	24		201	8
4	Ralph Jennings		22		30	28			26	17	28		151	6
5	Austin Warren		29	27					30	25	30		141	5
6	Peter Jaques			18	27	23	27			15	23		133	6
7	Fabian Eason			28		26			22	13	29		118	5
8	Russ Hewlett	21	14	22	26	14			20			1	118	6
9	Gareth Hutchinson		30			29	29			19			107	4
10	Luke Borland	28					27			26	26		107	4
11	Nick Farley	26	20						28	24			98	4
12	Richard Impey							30		28	25		83	3
13	Kevin Ives	17			23	18	25						83	4
14	Matthew Winton	20	11	19					17	1			68	5
15	Gary Collings				25	22			19				66	3
16	Ollie Card			23		21			21				65	3
17	Mark Andrews		19	16		20				10			65	4
18	Jack Hutchinson	30		30									60	2
19	Sam Horscraft			17		13			14	12			56	4
20	Ron Van Heuvelen	16	16						16	7			55	4
21	Graham Jones		28						25				53	2
22	Tom Webb		12			19				22			53	3
23	Tom Bell		10	24		17							51	3
24	Ray Smith	22				27						1	50	2
25	Jeff Young	25								23			48	2
26	James Smith		21	26									47	2
27	Leslie Mayger		26	13						6			45	3
28	Simon Newman		17						18	9			44	3
29	Fabrizio Ferioli			20						16			36	2
30	Simon Homer			14							22		36	2
31	Tom Roper		1		22				12	1			36	4
32	Matt Clare		9						24				33	2
33	Steve Ramsey	18				15							33	2
34	Paul Swinnerton		3				26			3			32	3
35	Ollie Sprague									29			29	1
36	Joshua Rudd										27		27	1
37	Robert Ewen		25									1	26	1
38	Simon Wattam			25									25	1
39	Aaron Pooley	24											24	1
40	Martyn Craddock		8						15				23	2
41	James Dopson			21									21	1
42	Stephen Marsden									20			20	1
43	Colin Browne		6							14			20	2
44	Martin Dallimer	19											19	1
45	Chris Le Beau		18							1			19	2
46	Dave Dunstall									18			18	1
47	Dominic Hind					16							16	1
48	Martin Robards			15									15	1
49	Phil Robinson		15										15	1
50	Kevin Tant								13	1			14	2
51	Tom Forristal			12						2			14	2
52	Michael Veale		13										13	1
53	Adam Bryant		4							8			12	2
54	Ali Batchelor		1	11									12	2
55	Trevor Jones		7							5			12	2
56	Richard Allan									11			11	1
57	Gavin Wright		5										5	1
58	Andrew Gorrie									4			4	1
59	Gary New		1									1	2	1
60	Tom Batts		2										2	1
61	David Bradshaw		1										1	1
62	David Hayes									1			1	1
63	David Linsell									1			1	1
64	David Tye									1			1	1
65	Peter Fannon									1			1	1
66	Phil Baker									1			1	1
67	Richard Honeyman									1			1	1
68	Rob Plant									1			1	1

Club Grand Prix

Female Results – Update 08/07/25

Pos	Name	Whitbread Hollow XC	Seaford Beach Parkrun	Seaford Martello Half	Eastbourne Parkrun	Dream Mile	Haywards Heath 10 Mile	Horsham 10k	Preston Park Parkrun	Summer Solstice Run	Bewl 15	SS V/B Point	Total Points	No. of Runs
1	Katherine Simmons	26	28	27	29	28	33		29	28	27		255	9
2	Jo Robinson	16	12	22	25	22		29	26	7			159	8
3	Sam Alvarez			30	30	30			30	30			150	5
4	Kate Lewis		16		28	23		30	27	20			144	6
5	Paula Tiller		13		27		32			21	26		119	5
6	Simone Amis	24	24	25						24			97	4
7	Jenny Hunter		11		23			27	25				86	4
8	Jen Williams	27	26							29			82	3
9	Lucinda Dopson			26		25				26			77	3
10	Kate Parkinson		21		26			28					75	3
11	Kay Crush	19	25							19			63	3
12	Lizzy Miles	30	29										59	2
13	Lauren Stallard	20		23						16			59	3
14	Kathryn Warren			28							29		57	2
15	Charis Crudgington					24				27			51	2
16	Amanda Feast		23			27							50	2
17	Michelle Mills									22	28		50	2
18	Amy Fearn					26				23			49	2
19	Fiona Goodwin		19							25			44	2
20	Jeanette Wells	14		22						6			42	3
21	Jemma Vile				24					17			41	2
22	Sue Curtis									1	30	1	32	2
23	Debbie Priest		17							14			31	2
24	Alison Househam		30										30	1
25	Erica Martin	29										1	30	1
26	Anneka Redley-Cook	28										1	29	1
27	Bryony Clarke			29									29	1
28	Carly Holmes					29							29	1
29	Jill New		27									1	28	1
30	Kristiane Westray								28				28	1
31	Chiara Di Giorgi	25											25	1
32	Kellie Snow			24									24	1
33	Lea Pulling									24			24	1
34	Justine Ridgway	23											23	1
35	Anna Tait	22											22	1
36	Tina Harris-Ross		22										22	1
37	Jane Kemp	21											21	1
38	Olivia Wickendon		20										20	1
39	Hayley Cole	17										1	18	1
40	Janine Bishop	18											18	1
41	Jemma Woodland									18			18	1
42	Victoria Maleski		18										18	1
43	Judith Linsell	15										1	16	1
44	Sandra Standen	13								3			16	2
45	Katie Mayo									15			15	1
46	Wendy Fortune		15										15	1
47	Gillian Tansley		14										14	1
48	Julie Fannon		5							9			14	2
49	Carla Jones									13			13	1
50	Sue Dawson									12			12	1
51	Lindsay Baker									11			11	1
52	Bronwyn Clare		10										10	1
53	Sue Rushton									10			10	1
54	Margaret Osborne		9										9	1
55	Alexandra Parsons		8										8	1
56	Lu Sanchez									8			8	1
57	Stacey Pollard		7									1	8	1
58	Hayley Cole		6										6	1
59	Sally Mayger									5			5	1
60	Gill Morgan									4			4	1
61	Shelley Jenkins		4										4	1
62	Charlotte Woodgate		3										3	1
63	Sara Baitup		2										2	1
64	Milene Lopez									2			2	1

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	Graham Jones	01:25:17	Brighton.	08/06/2025
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

Congratulations to Graham Jones on taking the V70 10 mile record from Les this month in a time of 01:25:17. He's promised to go even faster at this years Great South Run.

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/>

Rainbow Run

Be part of something magical on Friday 1st August and join the Brighton & Hove FrontRunners for their iconic 5k Rainbow Run!

Overview

This spellbinding race never fails to delight and is a firm favourite in the racing calendar. Taking place on a summer's evening, bursting with bright colours and fizzing with race day magic, it's the running event you'll return to year after year. The Rainbow Run is a chip timed race for runners 14 years and older, landing on the evening before the Brighton & Hove Pride Parade. Expect an event that sizzles with the joy of racing and some stunning local support for finishers as they charge across the mats to uproarious cheers!

Every year, the colour of the medals change so that our returning runners can work towards collecting a full rainbow set. This years colour is orange!

Treat yourself to a tonic for the soul in the form of this summer racing gem and we promise that you won't be disappointed!

About your hosts

The Brighton & Hove FrontRunners are a not-for-profit local community running club. They are a friendly group of lesbian, gay, bisexual, trans, queer and allying runners who meet on a regular basis for fun and social running. There are over one hundred FrontRunners clubs around the world, each as diverse as the many locations they are found in, and this wonderful club is incredibly happy to represent Brighton & Hove.



Friday 01st August, 19:00



Hove Park, Brighton



5k



Park pathways, Flat

[Nice Work Race Management : Brighton & Hove Rainbow Run](#)

[Enter Here](#)

BRIGHTON & HOVE FRONTRUNNERS Rainbow Run



COMMITTEE

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

Seaford Striders Club Leadership

Chair: Victoria Maleski

✉ info@seafordstriders.org.uk

Treasurer: Ralph Jennings

Assistant Treasurer: Karen Feast

✉ treasurer@seafordstriders.org.uk

Club Welfare Officers: Kate Parkinson, Emily Danvers

✉ welfare@seafordstriders.org.uk

Club Secretary & Health and Safety Officer: Kay Crush

✉ secretary@seafordstriders.org.uk

Membership Secretary: Leanne Pearce

✉ membership@seafordstriders.org.uk

Event Directors

Mince Pie Race Director: Nick Farley

Mince Pie Race Deputy: Graham Jones

✉ mincepie@seafordstriders.org.uk

Special Events Support: Julie Taylor

✉ specialevents@seafordstriders.org.uk

Cross Country Representative: Josh Nisbett

✉ crosscountry@seafordstriders.org.uk

Grand Prix Events

Club Grand Prix Coordinator: James Marron

✉ cgp@seafordstriders.org.uk

Sussex Grand Prix Coordinator: James Marron

✉ sgp@seafordstriders.org.uk

Communications Team

Social Media Representative: Lauren Stallard

✉ socialmedia@seafordstriders.org.uk

Website Manager: Katherine Simmons

✉ press@seafordstriders.org.uk

Newsletter Editors: Jo Robinson, Ray Smith

✉ newsletter@seafordstriders.org.uk

Club Team Captains

Men's Captain: Jeff Young

Men's Vice Captain: Gareth Hutchinson

✉ menscaptain@seafordstriders.org.uk

Women's Captain: Amanda Feast

Women's Vice Captain: Kathryn Warren

✉ womenscaptain@seafordstriders.org.uk

Coaching and Training

Junior Coach/Leader: Emily Danvers

✉ juniors@seafordstriders.org.uk

Track Coordinator: Anneka Redley-Cook

✉ track@seafordstriders.org.uk

Couch to 5K (C25K) Organiser: Charlotte Lade

✉ c25k@seafordstriders.org.uk

LiRFs (Leaders in Running Fitness): Jeanette Wells

✉ lirf@seafordstriders.org.uk

Social Team

Social Reps:

Adam Haverly

Ray Smith

Kat Chamberlain

Jo Robinson

Jeanette Wells

Graham Jones

✉ social@seafordstriders.org.uk

Gallery



Show Us Your Medal



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www.facebook.com/SeafordStriders



www.seafordstriders.org.uk



**Something to
share on our**

socials?

Ideas welcome!

send to Lauren on
socialmedia@seafordstriders.org.uk