

SEAFORD STRIDERS NEWSLETTER




In this Issue

[Introduction to Track](#)

[Scavenger Hunt](#)

[Junior Striders](#)

[Recent Results](#)

[Club Records](#)

[Spotlight on Paula Tiller](#)

[Peacehaven 10K Trail Run](#)

[Kings Head Canter](#)

[Henfield Half Marathon](#)

[Hailsham Harriers Beach Run](#)

[5.30am Brighton](#)

[13 Halves for a Half](#)

[Cross Country](#)

[Tri-Tempo Last Leg Relay](#)

[Bates Green Farm Relays](#)

[Spotlight on Tom Forristal](#)

[Club Grand Prix](#)

[Sussex Grand Prix](#)

[Rainbow Run](#)

[Quiz night](#)

[Silent Disco](#)



Welcome to Summer

Editor's Insight:

Over the past year the "Welcome to..." section has been written by yours truly, then run through a few (ahem) online tools to give it a twist in the unmistakable style of Rik Mayall. Why Rik Mayall you ask? Well, Jo is a massive fan and fun fact, shares a birthday with the man himself. Ruddy marvellous eh? Each month we'll be keeping the tradition alive but with a difference. We'll be switching up the personality each month. So don't be surprised if "Welcome to Summer" comes at you in the voice of Kenneth Williams one issue, or Sir Alex Ferguson the next.

Stay tuned. It could get weird.





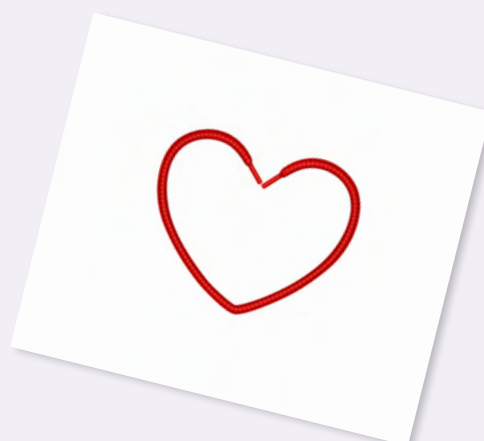
From the Chair

The power of “us” – what does it mean to be a member of Seaford Striders?

I’ve heard people ask why they should join a running club. As members of Seaford Striders you will already know the answer – it gives you the power of “us”! So what does that mean?...

- ✦ You are not alone on your running journey.
- ✦ You have constant encouragement and support.
- ✦ The reassurance of other Striders at events.
- ✦ Those WhatsApp messages when you are running out of area events.
- ✦ Someone to run with outside of our organised events.
- ✦ A source of advice if things aren’t going right.
- ✦ A genuine welcome each week from your regular WNS buddies, or if you decide to join another group for a change.
- ✦ All those “well done’s” when you have pushed yourself at track.
- ✦ The power of FOMO when others book events.
- ✦ A listening ear when you need it.

- ✦ Working together as a team at quiz nights and scavenger hunts.
- ✦ Being surprised by an award and realising that other Striders have recognised your efforts.
- ✦ Learning new routes and discovering all those twittens you never knew existed.
- ✦ Understanding that you can set your own expectations and others will respect your goals.
- ✦ Joining the WNS groups in foul weather.
- ✦ Wearing your fancy dress in your group.
- ✦ Volunteering at our events to enable them to take place.
- ✦ Running a juniors group and inspiring the next generation.
- ✦ Organising our amazing social events and seeing the joy in what you have created (maybe not the sack race though!)
- ✦ Being part of the committee and feeling the support through the good times and when you are dealing with the challenges.
- ✦ Seeing the magic of c25k and the wonder of what the participants didn’t think they were capable of achieving.
- ✦ Knowing you’re not forgotten when you are out with an injury.
- ✦ We all benefit from the power of “us” in Striders and I’ve heard so many of you say what a difference Seaford Striders has made to your lives.



11.07.2025

5.30 Brighton



by Lauren

Wow, what an event to be part of and with such a lovely bunch of people! With it being an early start, I really wasn't sure it was going to be one for me. But with FOMO of not being able to attend last years I knew I had to take part and sign up; and I'm so glad i did!

The night before I had got prepared, set 10+ alarms, making sure I had everything ready as I knew the pick up was early! (I'm not a morning person!) Surprisingly I shot out of bed as soon as my first alarm went off, had a bite to eat and was eager to get going!

Tom, Kay and I left Denton around 4.30, collecting Sandra & Jeanette up on route to Brighton to meet the rest of the gang! We arrived to Brighton in good time and met the rest of the Striders taking part. As we walked to the start location we were all giddy with anticipation for the start at 5.30.

It was such a great experience to run through the City Centre and along the seafront before it had properly awoken. I particularly enjoyed the bewilderment on peoples faces on their way home from a night out!

The support from the Marshals was superb! Cherries at the end, a bonus, and another run with such lovely people! Did i mention we met another Celebrity - Joe Wilkinson too!

I think it's safe to say after the early start and the 5K we were deserving of our buffet breakfast at the Drove; and all done and dusted by 11am!

It's a run i would strongly recommend and will definitely take part in next year and maybe even one in Italy?



Rainbow Run

Somewhere over the Rainbow 5K Run:

An Unforgettable Day of Inclusion, Achievement, and Community Spirit.

Richard Preece

Brighton Pride stands as one of the UK's most exuberant and meaningful celebrations of diversity, equality, and LGBTQ+ visibility. Each year, thousands of people descend upon Brighton and Hove to revel in a weekend brimming with parades, music, and solidarity. At the heart of these festivities is the Rainbow 5K Run in Hove Park—a colourful, joyful event that embodies the true spirit of Pride.

The Rainbow 5K Run is more than just a race. It is a vibrant gathering of people from all walks of life, running together under a canopy of rainbow flags to honour love, acceptance, and community. Whether you're a seasoned athlete or a casual jogger, the run invites everyone to lace up their trainers and celebrate Brighton Pride with every stride.

The Rainbow 5K Run offers a safe, inclusive space for participants to express themselves freely. Runners of all ages, abilities, sexual orientations, and gender identities are invited to take part, making the race a living tapestry of Brighton's welcoming ethos.

Set within the lush greenery of Hove Park, the Rainbow 5K Run offers a scenic course that winds through tree-lined paths, and gentle inclines. For many, the run isn't about speed—it's about connection, movement, and the shared experience of Pride.

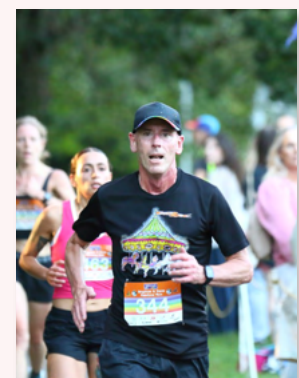
Volunteers line the route, offering encouragement and high-fives to participants. Water stations are decorated with rainbow bunting. The community's support is palpable throughout, reminding everyone that Pride is a shared celebration, not just a personal achievement.



This year, I, Ralph, Margaret, Jeanette and Darren donned ourselves in the rainbow colours and took part in this exciting event. We were there to represent ourselves and support the community and demonstrate that **Seaford Striders** is truly a diverse and welcoming running club. We were joined by some of our friends from Striders neighbouring club, Peacehaven Run Club. There were runners from many other clubs too. A huge representation from Brighton Front Runners who host this joyous occasion with support from Nice Works. Congratulations to them for another successful event.

The run itself uses the same course as Brighton and Hove Parkrun and is chip timed.

While Pride events around the world are fun and joyful there is also a serious message it gives out. Pride is there to highlight that the LGBTQ+ community is still subject to hate crimes and discrimination. There are 64 countries around the world where being non heterosexual is criminalised and a few countries still have the death penalty. In the UK we are very lucky in comparison. However, in 2023/24 – 22,839 Sexual Orientation hate crimes were reported to the police in England and Wales. (Many more will go unreported). This is why Pride is still relevant today and it is important that the Pride Movement raises awareness of the discrimination, hate and violence against LGBTQ+ people. **Just be Kind.**



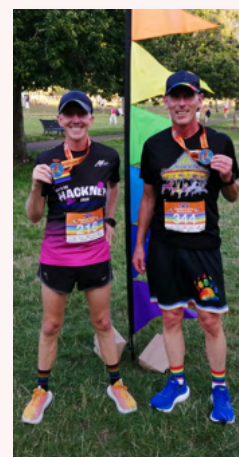
This year's Rainbow 5K Run is made even more remarkable by the presence of Dame Kelly Holmes—Olympic gold medallist, legendary athlete, and passionate advocate for mental health and LGBTQ+ rights. Dame Kelly's journey from humble beginnings to double gold at the Athens 2004 Olympics has inspired generations. As a proud member of the LGBTQ+ community herself, her participation in Brighton Pride's Rainbow 5K Run sends a powerful message of resilience, courage, and hope. Dame Kelly was mingling with runners, volunteers, and supporters. Her warm encouragement and infectious energy lifted spirits, making every participant feel like a winner. Ralph and I (Plus hundreds of other people) managed to get a photo with her. This just added to making the day more special.

The Rainbow 5K isn't just a celebration—it's an opportunity to make a positive impact. Many participants run in support of charities that champion LGBTQ+ rights, mental health awareness, homelessness prevention, and more. Donations raised through registration fees, sponsorship, and fundraising efforts are channelled into local projects that uplift the community and create lasting change.

Ask anyone who has participated in the Rainbow 5K Run, and they'll tell you it's a day they'll never forget. The sight of hundreds of rainbow-clad runners surging forward, the laughter and camaraderie, the sense of accomplishment at the finish line—all combine to create memories that linger long after the event is over. For many, meeting Dame Kelly Holmes will be a highlight, offering inspiration that goes beyond sport. Her story reminds us all that barriers can be broken, dreams achieved, and that Pride is, above all, an act of courage. The photographs and shared moments from the event become keepsakes, reminders of a day when the community came together to celebrate love in all its form.

The Rainbow 5K Run is more than an event—it is a movement, a celebration, and a heartfelt tribute to the power of community. As Brighton Pride continues to grow, the run stands as a shining example of what can be achieved when people come together in the name of love, acceptance, and equality.

So, don your brightest colours, bring your loved ones, and join next years (2026) festivities. With every step, celebrate yourself, your community, and the legacy of Pride in Brighton and make the Rainbow 5K Run an occasion to remember.



An Introduction to Track

'An Introduction to Track'

'Ooh, I couldn't do that, I can't even do a Parkrun yet!'

'I haven't been on a running track since I was at school'

'Not for me, it's all really fast people at a running track'

Just a few of the comments overheard recently when someone mentioned Track Night– it may even have been you!

In an attempt to demystify what really happens at Track, the Club run regular 'Introduction' sessions usually following the C25k programme when a lot of people join Seaford Striders.

The most recent 'Introduction' session took place on the 14th July when a lovely group of 4 brave ladies (where were the men?) turned up to see what it was all about.

There was a mix of experience even within this small group from C25k graduates to returning runners with track experience and some with none.

After a rundown (pun completely intended – well, you've got to get a laugh where you can, haven't you) of essential practical information that everyone needs to know such as where the loos are, where to leave your sweatshirt/water bottle/car keys and a reminder not to turn up too late because the car park gets full, we explained how **sessions start with a general welcome and check for anyone attending for the first time, any injuries anyone has that may impact on the session and a reminder of the content for that evening.**

The group introduced themselves to each other and much laughter followed with anecdotes and comments being exchanged.

We then start with a warm up. Our ladies were introduced to a series of joint loosening moves followed by some drills on the outside lanes of the track that concentrated on technique – we quickly descended into more laughter as we skipped and slid our way back and forwards and tried to work out how the simplest of moves can feel so awkward when you're thinking about them.

Naturally everyone was keen to get out and try the 'real thing' so for the remainder of the warmup the group took to the track. The regular session was well underway so they stayed in the outside lanes for safety and did a walk/run to identify where the 100 metre sections are on the track (Fun fact: distance around a standard running track is 4 x 100m).

For the **main part** of our session the ladies took to the track again and we did some speed work, concentrating on maintaining a chosen speed from start to finish. There was more laughter with watch malfunctions and over enthusiastic set off speeds (we've all been there!). After a brief standing recovery the group went out again, this time varying their speed by choosing specific 100 metre distances to either increase or decrease. All of them achieved this really well – choosing to start slowly was good thinking!

With time on our side, some of the group chose to go out and do another lap while others chose to extend their recovery time and chat about their running.

We finished with a set of **cool down stretches**, again taking the time to think about technique, before joining the main group for the traditional post-workout group photo.

It's always very satisfying to introduce new people to track sessions but a big thank you to this particular group for their enthusiasm, willingness to take things on board and to just have a go. Hope to see you all again soon.

Margaret Osborne



Monday Night Track

Our regular club night at Lewes Running Track on Mondays have been going from strength to strength and attendance has definitely grown.

The programme is designed to offer a range of training to support each individual's regular running regime and is a great way to try out different training methods and disciplines.

It's also a really good opportunity to meet up with other club members who usually run with different Wednesday night groups and people who can't get to those weekly groups too.

All sessions are suitable for everyone – no, they really are! How is this possible? Well, partly because there is a qualified leader overseeing every session who is trained to organise and deliver a group session, but also because a running track lends itself really well to different interpretations of the same goal. For example, if the session is about endurance then we can differ the distances and the length of time running as well as using the lanes to separate different ability groups while still maintaining the principle of distance, repetition and time.

Also, most sessions are designed to leave the lanes at the very outer perimeter of the track free and members are encouraged to use these if they are maybe recovering from injury or working to a specific training plan but wanting to still be sociable!

Most of all it's fun and it's free – what's not to like!

Mince Pie Ten

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.

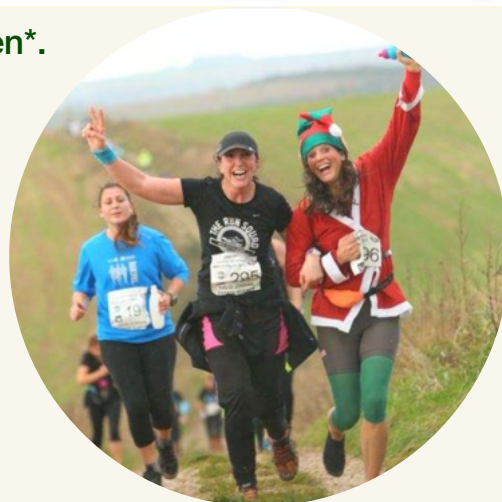
The club nominated charities for this year, as selected by the committee, are The Rockinghorse Appeal and St Wilfrid's Hospice, Eastbourne.

To volunteer, please contact Graham Jones at gmtdcjones@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*





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.

The Swiss Beastly Hilly & Hot 100k — The Lake, the Hairpins, and the Heroes

The day had already been a full one for Kitty Kat ‘Hamilton’ and Ray ‘Sleepless Knight’. They’d nailed the early crewing duties — a blur of parking in awkward spots, handing off gels, topping up flasks, and shouting encouragement at Bry’mountain goat’ Clarke and Joel Beatum before racing on to the next stop. The Swiss Beastly Hilly & Hot 100k was living up to its name: merciless climbs, roasting heat, and views that made you forget how much your legs hurt.

By early afternoon, they had a small gap in the schedule before the next aid station — one high on the mountain, notorious for being reached by a single-lane track clinging to a cliffside. Plenty of time, they thought.

That’s when they saw it.

The lake.

It shimmered in the sunlight like something from a travel magazine: turquoise water framed by pines and peaks, the air warm enough to make you forget the climb ahead. One look at each other, and it was decided. The crewing clock could spare a few minutes. Surely.

Shoes were kicked off, and they waded in. The cold water wrapped around them like a blissful antidote to the day’s heat. They floated, swam, and let the stillness of the lake soak into them. Conversation slowed. The mountains reflected perfectly on the surface. The world felt infinite and timeless.

Too timeless.

A glance at the watch — and the spell shattered.

They were late.

The aid station wasn’t just up a hill — it was up *that* road. The one everyone had warned them about. Narrow, twisting, with hairpins that doubled back so tightly it felt like the road might coil in on itself.

Passing points? Scarce. Drops? Sheer. And on this day, busy with likewise support crews, locals, and race organisers.

Kat’s expression changed in an instant — the relaxed lake-swimmer gone, replaced by full Hamilton Mode. Ray strapped in and gripped the door handle. The climb began.

Every bend was a heart-stopper. The cliff fell away on one side, a rock wall loomed on the other. Traffic appeared without warning, forcing lightning-quick reverses into tiny gravel cutouts. Kat’s hands moved with precision, coaxing the car through impossible spaces. Ray alternated between holding his breath and muttering that Clarke was definitely going to beat them there.

Minutes later, though it felt like hours — they burst into the aid station car park, adrenaline still coursing through them. Bry Clarke had only just arrived. They’d made it. Barely.

Hand-offs were done in a blur: bottles, food, encouragement. Clarke powered on, and Joel was already further up the course.

As the runners disappeared up the trail, Kat finally let her grip on the steering wheel loosen. She blinked hard. The tears surprised her — part relief, part exhaustion, part disbelief that she’d pulled it off. Ray tapped her on the shoulder, grinning like they’d just crossed their own finish line.

They’d conquered the road. They’d saved the crewing plan. And they’d learned something important about the Swiss Beastly Hilly & Hot 100k: never, ever underestimate a beautiful lake.

Recent Results

Alfriston 7K Trail 22/06/2025

6	Fabrizio Ferioli	00:33:57
32	Louise King	00:53:36

Eastbourne Tempo Last Leg Relays

6	Striders Lads	00:52:49
8	Striders Golden Oldies	00:53:31
16	Striders Ladies	00:56:45
33	We Dont Just Run	00:65:38
34	We Have Fun	00:65:54

Mic Morris 10K 13/07/2025

650	Paul Swinnerton	01:04:03
-----	-----------------	----------

Eastbourne Marathon 20/07/2025

42	Sam Alvarez	03:35:20cr
110	Fabrizio Ferioli	04:24:06

Phoenix 10K 16/07/2025

44	Richard Impey	00:34:48
76	Matt Clare	00:36:14
291	Rosie Neill	00:44:14
476	Darren Wymer	00:50:32

Maverick 21K 26/07/2025

261	Kat Chamberlain	02:31:34
-----	-----------------	----------

Maverick 14K

134	Louise King	01:47:05
-----	-------------	----------

Cornwood Challenge 10K 26/07/2025

190	Jill New	01:11:16
-----	----------	----------

Peacehaven 10K 27/07/2025

1	Ollie Sprague	00:39:31
4	Nick Farley	00:42:41
7	Fabian Eason	00:44:18
22	Richard Impey	00:53:17
25	Rob Fay	00:54:26
39	Simone Amis	01:02:48
46	David Hayes	01:06:17
47	Paula Tiller	01:08:01
55	Nicola Samson	01:10:26
61	Ellie Woolcott	01:13:44
62	Debbie Priest	01:14:29
63	Hannah Fender	01:15:19
82	Joanne Robinson	01:23:59
85	Jeanette Wells	01:24:42
86	Sandra Standen	01:25:36
88	Julie Taylor	01:26:37
89	Lisa John	01:26:37

Brighton Track Night 2 30/07/2025

12	Rueben Danbury (U13)	01:59:13
4	Ava Danbury(U15)	02:47:25cr
5	Alfie Batchelor (U17)	04:27:42cr
9	Gareth Hutchinson	05:15:07

Brighton and Hove Rainbow Run 01/08/2025

67	Ralph Jennings	00:22:37
77	Richard Preece	00:22:57
131	Darren Wymer	00:25:55
414	Jeanette Wells	00:43:19
417	Margaret Osborne	00:43:33

RunThrough Foundation London 03/08/2025

1121	Graham Jones	00:50:05cr
------	--------------	------------

Henfield Half Marathon 10/08/2025

1	Ollie Sprague	01:19:58
12	Gareth Hutchinson	01:29:33
22	Sam Alvarez	01:35:27
32	Luke Borland	01:39:37
35	Steve Sprague	01:40:01
78	Stephen Ramsey	01:51:12
119	Damien Partridge	02:00:02
127	Russell Hewlett	02:01:06
130	Matt Winton	02:02:00
155	Martyn Craddock	02:10:03
174	Lisa Parkinson	02:13:59
223	Michelle Mills	02:30:09

Swiss Alps 100K 09/08/2025

134	Joel Eaton	23:31:53
-	Bryony Clarke	DNF (41M)

Phoenix Reservoir Rebound Marathon 10/08/2025

16	Steve Green	05:05:14
----	-------------	----------

Race The Train 10 Miles 16/08/2025

313	Louise King	01:32:15
-----	-------------	----------

Firle Handicap 5K Race 17/08/2025

	Time	Handicap	Actual
5	Kathryn Donkin 00:39:40	00:09:10	00:30:30
7	Nicola Sansom 00:40:40	00:15:40	00:25:00
11	James Dopson 00:41:01	00:18:45	00:22:04
20	Suzanne Linger 00:42:28	00:16:34	00:25:54
21	Victoria Maleski 00:42:29	00:06:35	00:35:54
24	Milene Lopez 00:42:59	00:03:00	00:39:59
28	Lucinda Dopson 00:43:35	00:14:00	00:29:35
30	Margaret Osborne 00:44:58	00:00:00	00:44:58
-	Ralph Jennings		DQ

Recent Results

Bates Green Relays				13/08/2025	Lee Valley Velopark Half				23/08/2025
5	Striders Lads			00:29:25	2	Ollie Sprague(peace)			01:12:42
Joshua Nisbett	07:00	Nick Farley	07:10	Arundel 10K	11338	Austin Warren Victoria Maleski			24/08/2025
Luke Borland	07:30	Austin Warren	07:44						00:43:05 01:18:23
5	Strider Juniors			00:32:38	Asics LDNX 10K				24/08/2025
Ava Danbury	09:40	Bradley Shipley	08:23	1538	Darren Wymer			00:52:14	
Reuben Danbury	07:33	Alfie Batchelor	06:59						
3	Strider Ladies			00:33:51	Kings Head Canter 5k				25/08/2025
Emily Danvers	08:49	Jen Williams	08:27	82281	Rosie Neill Tom Roper			00:21:29 00:41:59	
Sam Alvarez	08:05	Erica Martin	08:28						
3	Striders Golden Oldies			00:33:56	Littlehampton 10K				31/08/2025
Graham Jones	09:40	Richard Preece	08:19	653	Tom Forristal			00:58:45	
Ralph Jennings	08:25	James Marron	07:31	654	Simone Amis			00:58:45	
9	We have fun			00:35:17	736	Lauren Stallard			01:00:42
					747	Kay Crush			01:00:52
					1045	Victoria Maleski			01:11:32
					1075	Jeanette Wells			01:14:03
David Hayes	10:24	Russ Hewlett	08:31	1080	Sandra Standen			01:14:27	
James Dobson	08:12	Gary Collins	08:09	1167	Sarah McDermott			01:27:29	
9	Post Partum Party Animals			00:40:09	Brighton Duathlon				31/08/2025
Rosie Neill	08:27	Victoria Maleski	13:07	4	Erica Martin			Run00:11:15T100:02:03 Bike00:37:55T200:02:21 Run200:22:01Total01:15:36	
Anneka Red/Cook	08:49	Amanda Feast	09:44						
14	We Just Don't Run								51:46
Sue Leppard	11:59	Jo Robinson	15:05						
Karen feast	103:39	Michelle Mills	11:02	European Triathlon Istanbul				31/08/2025	
19	Rolando Hutchinson			Swim00:42:24T100:03:24 Bike01:11:42T200:01:58 Run00:38:38Total02:38:04					

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

newsletter@seafordstriders.org.uk



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.

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 Beach P/R	25/05/2025	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	00:19:22	Seaford Beach P/R	23/08/2025	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	Sam Alvarez	03:35:20	Eastbourne	20/07/2025	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	Graham Jones	00:50:05	London Runthroug	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/JUN					Ava Danbury(u15]	02:47:25	Brighton	30/07/2025
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)	04:27:42	Brighton	30/07/2025				
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

After some thorough searching, I've awarded the V70 10K record to Graham Jones with a time of 00:50:05. Well done to him! Sam Alvarez had a busy few weeks targeting the 5K record, all at Seaford Beach Parkrun. She first bettered her own V50 record with a time of 00:19:45, then just a week later lowered the overall club record to 00:19:30. Not stopping there, she shaved off even more time the following week, setting a new mark of 00:19:22. A remarkable achievement. Alfie Batchelor (U17) was also in fine form at Brighton, improving his own 1500m record to 04:27:42. And not to be outdone, Ava Danbury (U15) set a blistering pace in the 800m, also at Brighton, recording a very impressive 02:47:25. An overall club record at this distance.

Relays

Tri-Tempo Last Leg

4 runners & 5 legs! The fifth leg is run by the whole relay team and the finishing time is that of the last member in the team crossing the finishing line. A fun, friendly, competitive event.



No photos were available of this team



Bates Green Farm

The Hailsham Harriers Relay at Bates Green Farm in Arlington.

Congratulations to Striders Juniors team Ava, Bradley, Rueben & Alfie for winning their category.



Junior Striders

The final Juniors session before the summer break means only one thing – Sports Day! Julie dusted off her beloved laminator (yes, we think she loves it more than her whistle) to prepare the instructions and kit, while Emily armed herself with a megaphone.

We split the Juniors into mixed-age teams, and they were brilliant at cheering each other on... sometimes even louder than Emily's megaphone. Each group had 5 minutes to race through 6 events and collect as many points as possible.

The events were:

- Sack race (basically a masterclass in falling over gracefully)
- 3-legged race (the undisputed comedy highlight, chaos tied together with Velcro)
- Longest jump (sometimes measured in enthusiasm rather than distance)
- Hurdles (also known as "don't trip, don't trip... oh well")
- Egg and spoon (extra tricky when the breeze threatened to whisk the eggs away)
- Bean bag balancing (light cheating spotted... but only the Olympic level stuff)

Thanks to the coaches and some brilliant Strider helpers, everything ran surprisingly smoothly, with just the right amount of "healthy competition".

Team 1 claimed victory again this year. Clearly the number is lucky, or they've been secretly training in their gardens since last summer.

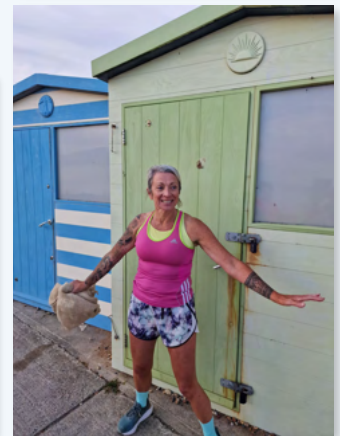
The medal ceremony was slightly upstaged by the sudden arrival of the ice-cream van. Unsurprisingly, every Junior summoned Olympic-level sprinting power to reach it. The coaches are still recovering from the shock of witnessing such speed.

All in all, it was a fantastic evening. Huge well done to our Juniors and coaches.

We'll be back on **Tuesday 3rd September**, with spaces in the Year 1–2 group and the Year 7+ group. Message Emily if you'd like to join. ✉ juniors@seafordstriders.org.uk



Scavenger Hunt



Instead of the usual WNS, on this summer evening Striders put competitive running aside and took on the all important challenges of sack racing, door spotting and even loaf lifting. Organised by the Social Committee SoCo and created almost exclusively by Ray.

The Great Sack Challenge

The adventure began at the Martello Tower. Each team collected a sack from the Social Committee and one brave team leader hopped a full lap around the Martello Tower. From that moment on, the sack became a trusty (and slightly awkward) friend, carried all evening (by all teams except Poverty Bottom. Jeff won the sack race and excitedly bounced off with the rest of his team leaving behind the 5 points which would have resulted in a joint win) until safely handed in at the Welly.

Alphabet Car Bingo

Teams then set out on an A–Z hunt for car models, posing proudly next to badges from Ford to Volvo. The tricky letters proved to be problematic. Would the teams get to their destinations in time?

Bread, Rainbows & Surprises

The scavenger list brought out some of the best finds of the night:

Bo Peep knocked on SoCo Adam's door and received a piece of bread which Julie triumphantly held aloft like Olympic gold.

Don't Know What They're Doing, but They Laugh a Lot

Next, a rainbow of brightly painted doors. Wonder what's going on behind the green door?

Stripper Shack! (Thanks Steve ☺)

Two naked men found. Our very own body positive Strider Richard Preece, was happy to give consent to be photographed without his Striders kit. I had to be very careful when asking him to send me his nudes via WhatsApp!. Local Skipper Shack owner Paddy was happy to oblige and Ron went back the next day to bribe him with a beer and check he was ok with us publishing him in his Dutch sauna attire. We then had more balls of the tennis variety.

Legs and Singing

We also had Spiders (who did not give consent to be photographed and I didn't want to scare any arachnophobes, and bemused strangers serenaded with "Happy Birthday" even though it wasn't their birthday. High and Over sang it to a 'strange man' not recognising our very own Russ, who was an honorary SoCo member for the evening.

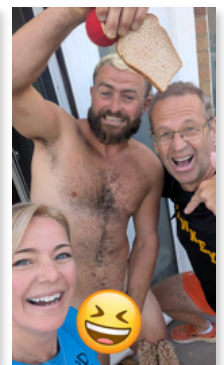
The Finish Line

After team photos at the groups chosen destinations, everyone dashed back to the Welly before the 7:45pm deadline to avoid the dreaded 5 point penalty.

Striders final challenge was for each team to sit on the ground outside of the pub in a tangle of linked legs belting out *Row, Row, Row Your Boat* for the final points.

The evening was packed with laughter, silliness and teamwork. The winners were Bo Peep who won a couple of tubs of sweets which will come in handy on long runs, if they last that long! Turns out Julie was the bread winner after all!

Jo Robinson



Hailsham Harriers Beach Run

Smiles, mud and sand in all the wrong places at Hailsham Harriers Beach Run

Katherine Simmons

As Striders, we are so fortunate to be part of such a friendly local running community – and to have such friendly neighbours who also like to run and have fun and are happy to share their brilliant annual beach social with us.

The Hailsham Harriers Beach Run is something very special. It's a friendly community run which takes place at low tide from Sovereign Harbour in Eastbourne to Bexhill. The broad expanse of sand (in most parts, anyway!) allows the faster runners to regularly loop to the back and there are regroupings to help the group stay together. And like all the best social runs, it ends in a cafe.

Each year there's a colour theme, for 2025, the beach was painted green. Some runners were sporting fancy dress – among the runners was a runner bean, Mario and a frog.

In the past years, this event has been attended by increasingly more Striders. Three years ago myself, Ron and Stacey sported purple for the Coronation edition. Last year, Striders participation had doubled in size for Harriers ruby anniversary with Jill and Gary, Les and Rob E joining us. This year, we had hoped our Club representation might double again to 12... but instead, 20 Striders joined us for the fun!

The Beach Run can only be organised when the tides are right and this year, there was a little less of firm sand with a few sand pools at the end to navigate – and a bit more mud. There were a few slips along the way with our very own Kate taking a rather spectacular mud bath.

It's a run where you can't help but get to know your fellow runners better by helping each other find the least stickiest, sinkiest route along some of the more wetter areas of sand.

As with every Beach Run, we finished with smiles on our faces and sand reaching the parts it really shouldn't reach.

With all runners together with their coffee and bacon rolls, Harriers chairman Andy handed out the awards for the best fancy dress winners with our very own Kate proudly netting the Wet Fish Award for the wettest runner and Ron and Lauren picking up special awards for their help in spreading the word.

The Beach Run has a truly special atmosphere, but this year it really brought together two local clubs with a shared love of running in the area

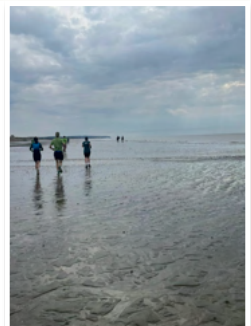
we are both lucky to live in and a sense of fun. I can't wait for the next one!

.... with massive kudos to Pete J and Gary N for becoming the first Striders to run across the beach to Bexhill – and then back again!

Credit: With thanks to Lauren, Jemma W and Michelle for your great photos!



Our clean team (Charis assured us she wasn't wearing her best trainers)

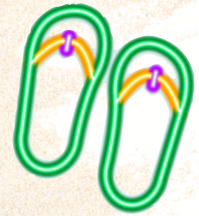


The going is good to firm

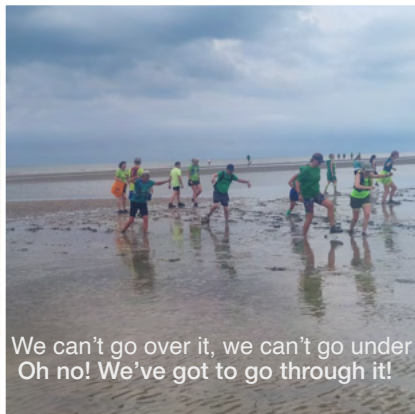


Things are starting to get a bit sticky here

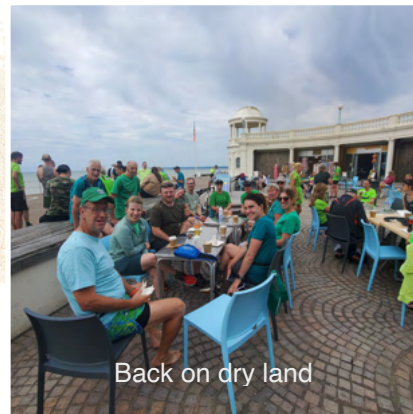




Striders and Harriers



We can't go over it, we can't go under it!
Oh no! We've got to go through it!



Back on dry land



Phew, we made it!



Kate gets her Wet Fish Awards trophy from Tinks



And thanks to Ron and Lauren for promoting the Beach run to fellow Striders...



...before he walked the length of the top deck, handing out sweets to runners – and other unsuspecting passengers!



They weren't joking when they said wear your oldest shoes!



The clean up begins!

Peacehaven Trail 10K



The Verdict

The inaugural Peacehaven Trail Run was a triumph: thankfully not muddy, hilly, occasionally chaotic but above all, fun, friendly and full of character. For £15, runners got an unforgettable slice of the Downs and the chance to be part of local running history.

Thank you PRC. Peacehaven Trail Run 10K has already carved itself a place in the Sussex running calendar.

See you next year!

Peacehaven Trail Run – Inaugural 10K

Jo Robinson

Peacehaven Run Club launched their first ever trail race Sunday 27 July 2025 and Seaford Striders were one of the local clubs invited. Starting from Telscombe Playing Fields at 9:30am, one hundred eager runners gathered, ready to take on a course that was both challenging and breathtaking.

The Course

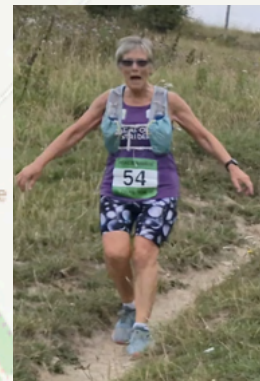
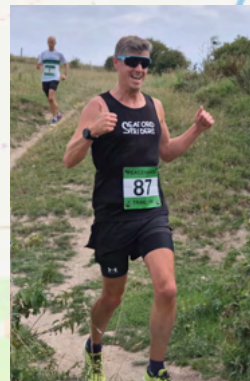
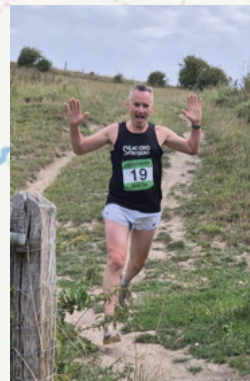
The route was a mixed-terrain adventure combining bridleways, stretches of the South Downs Way and the historic Greenwich Meridian Trail. Rolling climbs tested the legs, while sweeping views across the Downs rewarded every effort. A final loop through the picturesque village of Telscombe brought runners back to the finish, tired but smiling.

The Experience

This trial edition was all about community spirit and testing the waters for future events. A mid course water station at mile 4 kept everyone going, while friendly marshals and spot prizes on the day added to the fun. Free race photos captured mud, sweat and plenty of grins, with medals awarded to every finisher. Post-race, runners gathered at the playing fields for refreshments and chatter. With first aid and bag drop facilities in place, the organisation struck a fine balance between grassroots charm and professional race standards.

The Results

Awards went to the top three male and female finishers, with Ollie storming home for the win and plenty of strong performances across the board. From first timers cracking their debut 10K to seasoned runners who made it look easy.



Paula Tiller

Spotlight Time

Sitting on a bale of hay at the Backyard Ultra with Jo, talking everything running related as you do. Jo asked if I wanted to write an article about my running stories to date for the newsletter. Well, this doesn't feel awkward at all! But hey, we've all wondered and asked the question, "Who is that Seaford Strider?" and perhaps wondered how they started their running journey?

Ok, picture the Mastermind intro music in your head.....

THE PERSONAL FACTS

Name: Paula Tiller

Age: 41 (Mental age 21)

Occupation: Local Council (boo, hiss, I get it!)

Seaford Strider Member: 2014-2015. Then rejoined in 2020-present!

Groups I run with: Friston and Splash Group

Running PB Stats

5k: 24:13

10k: 52:21

Half: 02:01:18

Mazza: 05:43:49

The Ice Breaker Questions!

What got you into running?

Well, as a kid I always loved playing the typical playground games of *It*, *Stuck in the Mud*, and *Bulldog* (Google it if you don't know!). In my teens I was always literally *running* to make my train to college on time!

By the age of twenty I decided to take it up as a hobby and took part in quite a few Cancer Research Race for Life 5k events. I also joined my local parkrun in Peacehaven.

After a while I decided to up the mileage and that's when I started taking part in local half marathons. My first few being the Seaford Half between 2007 to 2010, which is now known as the Martello Half. Then Eastbourne, Hastings, and Brighton.

When I hit 30, I had it in my head I needed to do a marathon, so I booked Brighton Marathon in 2014. Memories of my first marathon included the paranoia of needing the loo! I therefore queued for over 40 minutes for the Portaloos at

Ovingdean. I learnt back then what "hitting a wall" felt like! I found out how emotional a marathon was. I cried my heart out like a baby at the finish line. Also, how your legs stop working and turn to jelly! The train journey home was hilarious!



Brighton marathon medal

What is your favourite running quote?

"Exercise is not a punishment, it's a gift."

What is your go to running shoe?

Brooks — great shoes for wide feet!

Name your best, worst, and 'had you in fits of giggles' running events.

Best: Beachy Head Marathon in 2023.

I highly recommend you add this event to your running journey! It has the most spectacular, stunning running views of the South Downs! It's got a wealth of different off-road and on-road terrains, and if you're lucky like me you'll have all four weather seasons in one day! It's also an endless picnic of packed food stations!

The best part is seeing all your friends and family along the way, and the EPIC Seaford Strider water station! One of my best running memories was running down the hill towards Exceat, proudly wearing my Strider t-shirt. When the marshal at the gate saw me, she smiled and said, "You'll hear your teammates soon."

The roar of support when I turned the corner was like no other! Once past the water station after lots of high-fives and hugs, I recall looking back from the top of the hill and thinking how lucky I am to belong to such a friendly, supportive running club! It gave me more momentum than any gels could to get over the Seven Sisters!



Me with my Beachy Head marathon medal

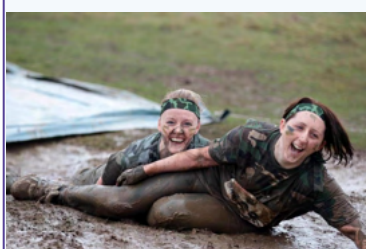
Worst: Dirty Dozen, a muddy run event where you run through bogs, ponds, streams and, well... more mud!

The main event was great! For fun, my team dressed up as lifeguards (I worked at a leisure centre at the time so it was fitting).

The day after, most of the participants, including me, went down with a nasty sick bug. We were told it was the dirty pond water. Yuck!

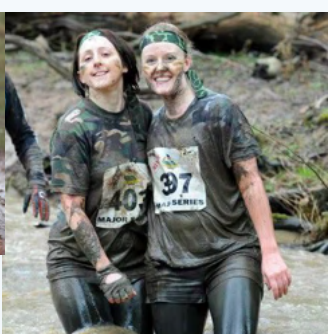


Dirty Dozen before the mud!



Fits of Giggles:

The South Major Series, another muddy 10k event where you ran through the woods and used nature as your playground! I ran this a couple of times with Jemma in 2013, hilariously getting caked in mud top to toe, then sliding randomly into strangers' laps!



South major mud run

Oh, one more giggle, The Newhaven Fort 5k Zombie Run in 2016!



Zombie Run photos



Zombie Run medal

With fading light, your mission was to find an access pass hidden around the outskirts of the Fort. Then use this pass to gain access back inside. But outside the Fort lurked the dead! And if they got hold of all 3 of your rugby ties, well... you were out! People dressed up with full

zombie makeup chasing you was beyond scary, but I honestly never laughed so much at the same time!

What has been your toughest event to date?

The London to Brighton Martlets Night Bike Ride to Coast 2010 (I know it's not running but still it was an event). A group of us took our bikes up to Sloane Square, and then when the clock struck midnight, us and lots of other participants had to cycle home! I recall 3am, trying to cycle up Ditchling Beacon with mates —

lights had gone on the bike and so had most of my soul! The "tail" truck struggling in 1st gear wasn't far behind, reminding us we could DNF at any time! But we made it to Brighton by sunrise! Training is most certainly key — which I absolutely did not take onboard! And every now and again my niggling knee injury reminds me to this day!



Marlets ride the the Coast Finish

Name an event you've had to wear fancy dress.

The Santa Dash. I did it in 2016 and 2018. It's a sight to see! 600 Santas running along Hove Promenade. You're provided with a Santa suit on the day, but top tip: take your own belt! You don't want to become a flashing Santa like me!



Brighton Santa Dash

Events I've raised money for charity:

2016 — I ran the Royal Parks Half in London (wasn't a ballot system at the time). I raised money for GOSH (Great Ormond Street Hospital). That was truly epic — running past Nelson's Column and waving to the Queen at Buckingham Palace! All for a great charity!



London Royal Parks half marathon

My bucket list dream event:

London Marathon. I'll get my running wish granted one day!

My recommended go-to running snacks:

Soreen Lunchbox Loaf and a Lemon Fanta!

My favourite running spectator signs:

"Seems like a lot of hard work for a banana!"

"Remember you paid to do this."

**My motivation music playlist:**

Start Pen Track: *Midnight City* – M83

The Hitting-a-Wall Track: *Waiting for a Star to Fall* – Boy Meets Girl

The Epic Sprint-to-the-Finish Track: *Voodoo People* – The Prodigy



Run Director at Peacehaven Parkrun

My favourite shiny bling to date:

Now that's hard — people who know me know I LOVE a shiny bit of bling! Erm... the Zombie Run, the Brighton Marathon medal, and the Mid Sussex Marathon medal combined!

How would you describe your running self in one sentence?

"My current body type is like... you can sort of tell I work out, but you can also tell that I don't say no when someone offers me a cookie."

A couple of things you may not know about me outside of Striders:

I'm mum to one 16 year old (*I know, despite my youthful looks, haha!*).

I'm part of the Peacehaven parkrun core team and have been since 2023! My frequent volunteer roles are Run Director, communications person on the social pages, and barcode scanner. I get much more endorphins now volunteering for my local parkrun than running it!

What's the best thing about being a Seaford Strider?

Knowing you fit in regardless of your running ability!

Hope you've enjoyed getting to know me and reading my running stories as much as I've loved going down memory lane. Please feel free to chat, I'd love to hear yours! People know I love to chat! Ron would say, "You know when a WNS is tough... because Paula is not chatting!"

Happy running all!

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

At the Rainbow Run.



The Chicken Run

The Chicken Run

With most people snoozing and boozing on their holidays, sneakily poaching a few high-value Club Grand Prix points on a half marathon in the middle of August was the order of the day. Henfield Half Marathon took place on 10th August, organised by the Henfield Joggers. Forming part of the Sussex GP, over 300 runners from across the county assembled on the Field of Chickens, ready to take on this trail half.

With only a small flock of ten Seaford Striders cooped up chick-to-chick on the starting line, this point-grabbing chicken run was on.

The race starts off on the Downs Link, the disused railway line, and takes you southwards through shaded sections and open fields down towards Bramber and the South Downs at Steyning. After a welcome water stop, you scramble up onto the path alongside the River Adur heading back north along flint and baked clay paths, numerous stiles and kissing gates, and a few friendly cows. This is not a course for personal bests. With the heat of the day building, the fabulous volunteers along the course were a great motivator.

The first Strider back at the finish, was Gareth 'Hatch-it' Hutchinson, beaming his usual smile at his cracking 1:29:33.

Next Strider back, and first-placed female, was Sam 'Salmonella' Alvarez in an incredible 1:35:27. Four minutes later, Luke 'Nuggets of Wisdom' Borland, swanned in.

Still finding his chicken feet in running, Stephen 'Take me back to Yolkahoma' Ramsay smashed it with a PB 1:51:12. Damian 'Oi, Fowl Ref' Partridge came in next, closely followed by Russ 'Sam Peckinpah' Hewlett and Matt 'Spicy Wings' Winton. Last male strider in, bleeding from his spectacular trip on an imaginary tree-root was Martyn 'Total Cock' Craddock at 2:10:03

Next in for the Lay-deez was Lisa 'Feelin' Plucky, Punk?' Parkinson in 2:13.39, with Michelle 'Won't Crack' Mills coming in at 2:30:09.

Well-done everyone! It was a great day for running, punning, runny yolks... *(that's enough. Ed)*

24 points! Mother Cluckers!

Martyn Craddock



Tom Forristal

I was always very active when I was younger, especially when it came to football. I'd spend every moment I could, playing football down the park pretending to be Thierry Henry. I joined my local football club, playing year after year, until I moved away to go to University.

Whilst at school I continued my obsession with being involved in sport. Thankfully some of the teams, rugby and cricket, simply needed enough people to fill a team so my lack of ability didn't seem to hold me back. I also started competing in some athletics events, 100m and triple jump being my two specialties.

This began to fizzle out as I moved to college and stopped completely once I moved away to go to University.

In late 2018 my Auntie was doing her first parkrun as part of an initiative her work was doing and they were looking to get as many people running as possible. Me and my family all decided we'd go along and try out this event none of us knew much about. Fast forward seven years and I'm now approaching my 150th parkrun, with some of my family already having hit that milestone.

After enjoying the weekly challenge of Parkrun I was interested in testing myself with something longer, so I signed up for my first official race, Brighton 10k in early 2019. At that time, that was the furthest I had ever run, so I was extremely nervous to begin. All of those nerves quickly evaporated as I got swept up in the atmosphere, distracted from the race by what seemed to be an unending crowd cheering everyone round. In sharp contrast to the nerves from the start of the race, I found myself enjoying it so much I signed up for next year's event as soon as I was able!

This meant I had now had 2 main running goals I was aiming for: A sub-30 Parkrun and a sub 1 hour 10k.

I achieved my parkrun goal in early 2020, finally hitting that sub 30 minute mark. I immediately started setting my sights on sub 29 and getting quicker and quicker. Unfortunately, in March 2020 everything stopped and that included Parkrun as well as my planned Brighton 10k. I managed to keep up a good routine for the first few months, spending the time that used to be my commute getting in a pre-work run. As the weeks and months went by however, my alarm was getting later and later, my lay in getting

longer and longer until I'd completely run out of time to do anything extra before work. I told myself I'd simply go after work instead of before. In what would become a theme over the next few years, I never ended up getting myself into any kind of routine and therefore never getting any kind of consistent running in. This continued over the next few years, constantly telling myself I was going to start running consistently, but even the return of Parkrun wasn't enough for me to get myself into any sort of routine.

After a couple of years of trying and failing to build up any kind of routine or training for my running I decided I needed some kind of goal to truly get myself back into my running outside of running parkrun once a week. I settled on trying another 10k race and looking around I found Seaford 10k was happening in a few months' time, I signed up determined this would be the motivation I needed to get back in the rhythm of training. I knew I had a decent amount of time to put into my training, so resurrected my goal of running a sub 1 hour 10k.



My training had been going well and most notably; I'd kept a consistent schedule with it. Worried that I would once again let it all go once the race was over, I looked for a way to make sure I kept up my running after the race. My brother-in-law had recently joined a local running club, Seaford Striders, and was encouraging me to join with him. As someone who often isn't very comfortable meeting new people, I was quite anxious to go, both worried about meeting new people as well as worried I wouldn't be quick enough or be able to keep up. Despite this, a week before the race, I went to my first Wednesday night run with Striders. As is often the way with these kind of worries, they were immediately dispelled as everyone was so welcoming and kind and made me feel very comfortable about not having to worry how much or how little anyone was able to do. The following weekend I completed my second 10k race, I didn't make my goal of sub 1 hour, but was excited to get running again the following Wednesday.



As time went on and I began improving my running, I began to see my average Parkrun time improving, from 35 minutes when I joined to sub 28 by December. This improvement led me to start signing myself up for some events, including being convinced to run my first half marathon, something I would never have even considered when I joined!

In February, I completed my first half marathon at Brighton, enjoying it so much that I signed up for few more over the next couple of weeks including Martello half as well as a handful of other events. At some point over spring I was persuaded to sign up for my first ever marathon, Brighton, an experience which seems to have happened to over 40 of us Striders for next year's event!

With all the increase in my running came the unfortunate inevitability as a runner, injury. This was the first real sports I'd picked up and as such, wasn't quite prepared for how annoying and frustrating it would be at parts of the recovery. Fortunately, I was surrounded by so many encouraging and supportive striders that made it much easier than it otherwise would have been. Especially with our awesome SoCo organising so many exciting events I was still able to take part in. The pub quiz, scavenger hunt and 13 half's for a half being particular highlights of my latest rehab.

Looking forward, my main focus is completing my first marathon, which is now due to be Beachy Head Marathon in October, so hopefully Brighton will feel like a breeze in comparison! From saying I'd never run further than 10k when I joined to being signed up for multiple marathons a year and a half later, it makes me wonder what sort of events I'll be signing up for in a couple of years' time!

40 Striders for 40 Years! Brighton Marathon 2026

To mark Seaford Striders' 40th Anniversary, we set out to get 40 members signed up for the Brighton Marathon on **12 April 2026** and we've done it!

A fantastic group is already forming, including many first time marathoners. This is a chance to take on a big challenge with the support of your fellow Striders.

Sign up here: [Enter Brighton Marathon 2026](#)

Look out for **Joel Eaton's Marathon Tips & Hints talk on Thursday 18 September** and join our WhatsApp group for encouragement, training chat and morale boosts all the way to race day

Let's make our 40th year unforgettable.

Contact Jeanette Wells or Kay Crush for further information



SEAFORD STRIDERS

Wordsearch

It's a word search!! Striders and running related words only. Made slightly difficult by not saying which words to find. There are 44 words to find and none are club member names.

Answers next issue.

S P R I N T S E H L M N G A S Z U B P X Q V B P F
U R J D Z C P N X U H I L L S M Z U I T R A C K S
Z H O L X S E A F O R D W J P N N Y O S H K P F Q
M R G I P N S T R I D E R S Q E M U X W A H F Q V
M O S G P C R O S S B T G U C W K C R O A D U E N
E I M H X S T R A V A F K Y H S H F R F A U N E S
D L U T C O M M I T T E E N I L D A W F W P Y A L
A L U S G G T V B M P U T U W E R R A L G L T S S
L I A B N U I R P B A A Z Z Q T A T L P M C S T P
C R J Z B F X X A Q S S R B K T P L L A G O H E O
C F H V G Y R R C I Y X I K N E J E M X V N I R R
H Q N L T Q L W P O L U Q C R R R K T B J Z R E T
A A M J E R T Y E L U P Z Y S U A Z H V R T T G S
I A W A S A A G K W R N X G E L N S Y O S O Y G B
R X L A K U D I T X I L T H Y D R A T I O N O Y R
D C E L R L W E N H T N R R Z Q S O C I A L D K A
A J U Y E D G J R E I H T U Y W T N E A U V Y W S
M Z W K D E S K B S R R M E N Z N A K E D M A N R
R T Y V O K N N X J U S S T R B O W K U D O S Y T
B D S H O R T S I A W F F T Z R Q N C P U M P Q L
M U D Q L W K A Q G S C L S Y L O S G A H P D V C
J A B A G E V B F D H U T A J H H U R G B O M D W
E N D U R A N C E Q Z T A B C Y W C T R P C U P I
H C Y P N B O T T L E M A R A T H O N E V D A B U
N M C S O R E C O R D J R R O U T E B T O M S W M

And the Winner Is...

Summer Quiz Fun at The Welly (not Boot)

The annual summer quiz brought friends and teams together for a night of laughter, brain teasing question and a bit of musical fun.

Quizmaster Graham kept everyone on their toes, ensuring the evening flowed with energy and humour from start to finish.



This year, the event had a rocky start when the Boot pub unexpectedly refused to allow the PA system, kindly donated by Nick, to be switched on. Adam from Soco took on the challenge like a pro, darting between pubs to find a solution. Luckily, Soco came to the rescue and The Welly pub was secured, with the private restaurant area providing the perfect setting for the evening's proceedings.

Once settled, teams dived into the quiz and their drinks, with gusto.

Sixes and Sevens stormed ahead, amassing 134 points and claiming the coveted top spot, with a clever Joker play on *Paint it Black*. Hot on their heels were Bay Watch Crew with 125 points (*Joker Cover Me*), followed by Love Thy Neighbour with 117 points (*It Had to Be You*), Charlie's Angels with 105 points (*Cover Me*), and Let's Get Quizzical rounding out the leaderboard with 103 points (*Cover Me*).



The quiz wasn't without its chaos. Staff had to work an extra shift cleaning up the aftermath of a minor "water fight" in the toilets, courtesy of Jeanette and May. One was washing their hands while the other dried theirs simultaneously, creating a fountain of water that drenched the entire toilet block and floor outside. Judging by the couple of gins involved, it seemed the pair had simply decided to have a sneaky splash after realising they weren't in the lead!



Despite the small hiccups, the evening was full of laughter and fun competition.

Thanks to Graham, Adam, Nick, SoCo and everyone who joined in, the summer quiz was a resounding success and a night to remember.

Watch out for the upcoming Halloween and Christmas quizzes. Get ready for a bit of dress up fun with your bar trivia.

By Jo Robinson

King's Head Canter 2025

Photo: Jim Holden



What could be more agreeable on an August Bank Holiday Monday than to run 5k along Sussex country lanes, starting at one pub and finishing at another? I parked in the destination village, East Hoathly, for a warm-up jog at scout's pace over the fields to the start in Chiddingfold. I arrived, collected my number, and went to sit in the sun outside the village cricket pavilion, watching the more committed runners warming up round the boundary. The pitch slopes slightly, but is surrounded by tall oaks, and the yews of the nearby churchyard, an English country idyll.

Idylls are all very well, but there was a race to run. We assembled in a lane outside the Six Bells, where Picasso was a regular on his visits to Roland Penrose and Lee Miller at Farley's House. The race director, Stuart Mills, a noted ultra-runner and eight times winner of the Beachy Head marathon, addressed us, sometimes audibly, and set us off on the 27th running of the King's Head Canter.

The race has a pronounced village feel – as well as runners from Sussex and beyond, villagers enter teams with intriguing names and their families turn out to support. The race goes along country lanes, with little traffic, and a water station at roughly halfway.

It was extremely hot, I struggled somewhat, but kept going, in spite of being overtaken by tiny children, and the beer at the end was very welcome. Doubly welcome would have been some food to take on to act as ballast.

The winner, for the third year in a row, was Max Walker of the Army AC in 15:09, eleven seconds off the course record, while the winning lady was Milly Dickinson of Brighton Phoenix in 17:48. The Mouldy Bananas were this year's village team winners. First Strider was Rosie Neill in 21:29, and others were David West (30:42), Luisa Sanchez (33:15) while I finished in a gentlemanly 41:59

Tom Roper

I was intrigued to learn more about Farley's House, so I did a bit of googling and discovered the following: Photographer Lee Miller and her husband, painter and art patron Sir Roland Penrose, played a major role in promoting Surrealism and International Modernism in Britain. Miller is probably best remembered for her extraordinary photojournalism during the Second World War.

Her most renowned work was for Vogue, covering events such as the siege of St Malo, the liberation of Paris and even Hitler's private apartments. The images from Dachau concentration camp remain among the most powerful photographs of the 20th century.

Roland Penrose, was a painter and close friend of Picasso and the founder of the Institute of Contemporary Arts. He was a central figure in Britain's avant garde art scene and formed the British Surrealist Group in 1935.

The couple moved to Farley Farm in East Sussex in 1949 where their home became a meeting place for artists, writers, politicians and journalists. I must make a note to visit the Six Bells and dig a bit deeper into their story. Such a fascinating read, Thanks, Tom! - (Jo)

Sunday Cross Country 25/26

Sunday Cross Country 25/26

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

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

You can pre-register for all six of next seasons Sunday cross country league events for just £12 if you are England Athletics (EA) affiliated this year or for free if you are a junior Strider. Exciting news this season is that we have a home event to host!

Next seasons dates are below, I will need your full name, date of birth, gender and EA number as well as £12 transferring into the Striders bank account by September 21st.

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

Sunday	12 October 2025	Blackcap, Lewes
Sunday	23 November 2025	Snape Wood, Wadhurst
Sunday	14 December 2025	Whitbread Hollow, Eastbourne (last years course)
Sunday	11 January 2026	Seaford Head, Seaford
Sunday	8 February 2026	Whitbread Hollow, Eastbourne
Sunday	29 March 2026	Pett Village



Volunteers needed



Seaford Striders are hosting an event this season in January. If you can't run please think about volunteering for a couple of hours to help the club and other runners out. Hosting generates income for our club which helps to keep our membership fee's low, trips and events subsidised as well as helping towards paying for our weekly track hire.

For more information on the league, please visit their website
<https://www.eastsussexcrosscountry.co.uk/>,

Our website section on cross country
<https://www.seafordstriders.org.uk/races/cross-country/>

Email me, your XC rep Josh Nisbett, with any questions.

 crosscountry@seafordstriders.org.uk

Help Keep the League Running – Volunteers Needed!

The East Sussex Sunday Cross Country league are currently looking for volunteers to fill two vital roles.

They can't run the league without a Secretary or an Assistant Results Producer to do the following tasks

Secretary

- Taking notes and producing minutes of annual debrief meeting in May and the AGM in August/September
- Ensuring that race details are sent out to clubs in good time
- Dealing with any other correspondence received by the league (which is normally minimal)

Assistant Results Producer

- to stand in for Graham West who will be away for several races next season
- briefing / helping the result recording team at races to enter results on the laptops
- producing the results after each race, including checking any queries with individual clubs
- ideally for someone who is experienced in Excel. But Graham has documented the process in detail, so anyone with a logical brain can manage this with a little training

The roles could be taken by someone who runs the races or someone who is just a supporter.

Interested or want to find out more?

Email Josh at crosscountry@seafordstriders.org.uk and we'll forward your interest to the league.

The East Sussex Sunday Cross Country League consists of 18 teams compiled from 23 clubs (some teams are made up from two or three clubs). Each season there are six cross country events are organised each of approximately five miles. The season runs from October to March, Events are approximately once a month usually with three before Christmas and three after. Courses vary from open downland to very muddy woodland courses (proper cross country). All abilities are welcome.

Saturday XC League



Sussex Cross Country League 25/26 - Saturday

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

The up and coming Sussex cross country relay is on **Saturday 27th of September** at **Goodwood Country Park**. It'll be good to get a couple of teams together for this if we can. The calibre will be high for these relays, much to the same level as previous Sussex Road Relays a few of us have taken part in over the years, so I'm just seeing if we've got any takers?

There are vet teams as well as seniors and juniors, each leg is 4k for adults and 2.8k for juniors. For the ladies and juniors, a team of 3 is required, and for the men, a team of 4 generally. It'll be £6 per person to run if we can get a team/s together first, so please don't transfer any money at this stage.

Saturday	27 September 2025	Goodwood	Sussex Cross Country Relays
Saturday	11 October 2025	Goodwood	Round 1
Saturday	8 November 2024	Stanmer Park, Brighton	Round 2
Saturday	6 December 2025	Ardingly	Round 3
Saturday	7 February 2026	Glyndebourne	Round 4

More information can be found here: <https://www.sussexathletics.net/cross-country-relays/>,

If you're interested, please email me as the sign-up deadline is **Wednesday 25th of September**.

Contact XC rep, Josh Nisbett

 crosscountry@seafordstriders.org.uk

Silent Disco



NINETIES SILENT DISCO - Brighton

By Jo Robinson

Forget half marathons and forget medals. This group of Striders have discovered the *real* endurance event: three hours of 90s bangers, glow stick fuelled chaos and cider carb loading in Brighton Pavilion Gardens.

The start line rituals are the same as always: portaloos, faffing with kit, and Kat wondering whether she could get away with her original gazelles in a competitive race. Striders vests were binned in favour of band tees: Jeanette rocked Nirvana and Jo lived her Tank Girl fantasy. Lauren looked like she'd fallen straight out of Glastonbury circa '94.

The course itself was brutal. Three audio lanes: Red (R n B), Green (pop, think Spice Girls), Blue (pure Indie Rock and high energy). No marshals, no mile markers, just grunge heads screaming "SMELLS LIKE TEEN SPIRIT!" while Sandra's headphones were playing 'The Macarena'.

Stamina was tested. Glow sticks instead of sweatbands. Everyone was surprised that Simone's perfectly curated 90s hair didn't fall out of place and denim dungarees didn't chafe. Fishnets endured. Boots stomped to the music, raising heart rates to the max.



The ever stylish Kay even found her second wind when The Prodigy dropped.

The finish line? A blur of glow sticks and messy selfies. No medals, no Strava*, just the sense you'd survived something epic. Silent Disco isn't a race, it's an ultra. And Striders finished first in style points.

**Jeanette did actually Strava the event*



13 Halves for a Half

SoCo* presents 13 Haves for a Half - Second Barrel: From Brighton to Seaford

Date: Sunday 24th August 2025

Distance: 13.1 (in reality nearer 15!)

Pubs Visited: 6

Starting Point: Brighton Pier

End Point: Steamworks, Seaford

Runner/Drinkers:

Adam and Frank, Ray, Jo, Jeanette, Kat W,
Bryony, Sue C, Kate L, Ralph, Richard P, Tom F,
Sally, Kat S, Stephen M, Sam A & Martyn.



Start: Brighton Pier



Pub #1: West Quay, Brighton Marina



Pub #2: The White Horse, Rottingdean



Pub #3: Smugglers Rest, Telscombe



Pub #4: The Avenue



Pub#5: The Abyss



Pub#6: Steamworks



SOCIAL

Events Calendar



SEP **13**

BUSHY PARKRUN
COACH TRIP

OCT **31**

HALLOWEEN QUIZ
FANCY DRESS PRIZES
WELLINGTON PUB

DEC **04**

CHRISTMAS QUIZ
FANCY DRESS PRIZES
WELLINGTON PUB

JAN **10**

STRIDERS AWARDS NIGHT
DRESS TO IMPRESS
SEAFORD RUGBY CLUB



FUTURE EVENTS

13 HALVES FOR A HALF
LEWES TRAIL RUN

RUN TO THE ABYSS
TBC

EQUINOX RUN
TBC



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	Snape Wood Cross Country	23 November 2025	Fastest Time	
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 01/09/25

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	Bowl 15	Malling Rec Parkrun	Henfield Half	Hove Prom Parkrun	SS V/B Point	Total Points	No. of Runs
1	James Marron	27	24		24	30	28	29	29	27		24		29		271	10
2	Richard Preece	23	23		29	25	29		27	21	24	29		26		256	10
3	Josh Nisbett	29	27	29	28	24	30		23	30				25		245	9
4	Ralph Jennings		22		30	28			26	17	28	23		27		201	8
5	Peter Jaques			18	27	23	27			15	23	27		20		180	8
6	Austin Warren		29	27					30	25	30			30		171	6
7	Russ Hewlett	21	14	22	26	14			20				26	24	1	168	8
8	Richard Impey							30		28	25	28		28		139	5
9	Gareth Hutchinson		30			29	29			19			30			137	5
10	Luke Borland	28					27			26	26		29			136	5
11	Nick Farley	26	20						28	24		30				128	5
12	Fabian Eason			28		26			22	13	29					118	5
13	Matthew Winton	20	11	19					17	1		24	25			117	7
14	Gary Collings				25	22			19			26		23		115	5
15	Ollie Card			23		21			21			21		21		107	5
16	Kevin Ives	17			23	18	25									83	4
17	Jeff Young	25								23		25				73	3
18	Ron Van Heuvelen	16	16						16	7		16				71	5
19	Mark Andrews		19	16		20				10						65	4
20	Simon Newman		17						18	9		20				64	4
21	Steve Ramsey	18				15							28			61	3
22	Jack Hutchinson	30		30												60	2
23	Sam Horscraft			17		13			14	12						56	4
24	Graham Jones		28						25							53	2
25	Tom Webb		12			19				22						53	3
26	Tom Bell		10	24		17										51	3
27	Ray Smith	22				27									1	50	2
28	Damian Partridge											22	27			49	2
29	Tom Roper		1		22				12	1		13				49	5
30	James Smith		21	26												47	2
31	Martyn Craddock		8						15				24			47	3
32	Robert Ewen		25									19			1	45	2
33	Leslie Mayger		26	13						6						45	3
34	Chris Le Beau		18							1				22		41	3
35	Fabrizio Ferioli			20						16						36	2
36	Simon Homer			14							22					36	2
37	Matt Clare		9						24							33	2
38	Paul Swinnerton		3				26			3						32	3
39	Ollie Sprague									29						29	1
40	Joshua Rudd										27					27	1
41	Simon Wattam			25												25	1
42	Aaron Pooley	24														24	1
43	James Dopson			21												21	1
44	Stephen Marsden									20						20	1
45	Colin Browne		6							14						20	2
46	Martin Dallimer	19														19	1
47	Dave Dunstall									18						18	1
48	Joel Eaton											17				17	1
49	Dominic Hind					16										16	1
50	Robert Gattoni											15				15	1
51	Martin Robards			15												15	1
52	Phil Robinson		15													15	1
53	Adam Grand											14				14	1
54	Kevin Tant								13	1						14	2
55	Tom Forristal			12						2						14	2
56	Michael Veale		13													13	1
57	Adam Bryant		4							8						12	2
58	Ali Batchelor		1	11												12	2
59	Trevor Jones		7							5						12	2
60	Richard Allan									11						11	1
61	Gavin Wright		5													5	1
62	Andrew Gorrie									4						4	1
63	Gary New		1												1	2	1
64	Tom Batts		2													2	1
65	David Bradshaw		1													1	1
66	David Hayes									1						1	1
67	David Linsell									1						1	1
68	David Tye									1						1	1
69	Peter Fannon									1						1	1
70	Phil Baker									1						1	1
71	Richard Honeyman									1						1	1
72	Rob Plant									1						1	1

Club Grand Prix

Female Results – Update 01/09/25

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	Bowl 15	Malling Rec Parkrun	Henfield Half	Hove Prom Parkrun	SS V/B Point	Total Points	No. of Runs
1	Katherine Simmons	26	28	27	29	28	33		29	28	27	29		30		284	10
2	Sam Alvarez			30	30	30			30	30		30				240	8
3	Jo Robinson	16	12	22	25	22		29	26	7		23				182	9
4	Kate Lewis		16		28	23		30	27	20		27				171	7
5	Jenny Hunter		11		23			27	25			24		29		139	6
6	Simone Amis	24	24	25						24		28				125	5
7	Paula Tiller		13		27		32			21	26					119	5
8	Jen Williams	27	26							29						82	3
9	Michelle Mills									22	28		28			78	3
10	Lucinda Dopson			26		25				26						77	3
11	Kate Parkinson		21		26			28								75	3
12	Kay Crush	19	25							19						63	3
13	Lizzy Miles	30	29													59	2
14	Lauren Stallard	20		23						16						59	3
15	Kathryn Warren			28							29					57	2
16	Charis Crudgington					24				27						51	2
17	Amanda Feast		23			27										50	2
18	Amy Fearn					26				23						49	2
19	Fiona Goodwin		19							25						44	2
20	Victoria Maleski		18									26				44	2
21	Jeanette Wells	14		22						6						42	3
22	Jemma Vile				24					17						41	2
23	Margaret Osborne		9									25				34	2
24	Sue Curtis									1	30				1	32	2
25	Debbie Priest		17							14						31	2
26	Alison Househam		30													30	1
27	Erica Martin	29													1	30	1
28	Lisa Parkinson												29			29	1
29	Anneka Redley-Cook	28													1	29	1
30	Bryony Clarke			29												29	1
31	Carly Holmes					29										29	1
32	Jill New		27												1	28	1
33	Kristiane Westray								28							28	1
34	Chiara Di Giorgi	25														25	1
35	Kellie Snow			24												24	1
36	Justine Ridgway	23														23	1
37	Anna Tait	22														22	1
38	Sue Wallis											22				22	1
39	Tina Harris-Ross		22													22	1
40	Jane Kemp	21														21	1
41	Olivia Wickendon		20													20	1
42	Hayley Cole	17													1	18	1
43	Janine Bishop	18														18	1
44	Jemma Woodland									18						18	1
45	Judith Linsell	15													1	16	1
46	Sandra Standen	13								3						16	2
47	Katie Mayo									15						15	1
48	Wendy Fortune		15													15	1
49	Gillian Tansley		14													14	1
50	Julie Fannon		5							9						14	2
51	Carla Jones									13						13	1
52	Sue Dawson									12						12	1
53	Lindsay Baker									11						11	1
54	Bronwyn Clare		10													10	1
55	Sue Rushton									10						10	1
56	Alexandra Parsons		8													8	1
57	Lu Sanchez									8						8	1
58	Stacey Pollard		7												1	8	1
59	Hayley Cole		6													6	1
60	Sally Mayger									5						5	1
61	Gill Morgan									4						4	1
62	Shelley Jenkins		4													4	1
63	Charlotte Woodgate		3													3	1
64	Sara Baitup		2													2	1
65	Milene Lopez									2						2	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/>

Fantasy League



Join in on the fun! This is an opportunity to make the 2025 World Athletics Championships a fun and interactive experience. Our motto is “We don’t just run, we have fun” – so why not have some FUN creating your own fantasy team and seeing how they stack up amongst other fantasy teams by senior Strider members. We did this for the Olympics last year, and it really did drum up some excitement amongst members and made the Olympics that much more fun to watch and experience. A lot of conversations about performances, team standings and the creative team names – it’s a fun and friendly competition!

Graham Jones, Tom Roper and Austin Warren created the top 3 teams from last year’s Olympic Fantasy League and Amanda Feast won the most creative name. Who will it be this year?

The premise of the game is that you create a 10 person team (5 men and 5 ladies from any country), and you score points based on how each of your team-members perform at the World Athletics Championships in mid-September in Tokyo, Japan. It only costs a fiver to join the league, and the proceeds will be split amongst the top three winning teams. Full start lists on every event will be finalised and made available on September 1st, 2025. The deadline to submit a team will be September 10th. First event to take place on September 13th.

If you are interested, please contact Ralph Jennings at phieeee@hotmail.com or 07979850186 (via SMS or Whatsapp) to be put on the distribution list of further instructions, correspondence, and updates on start lists and team standings. Please do this as soon as possible (ideally before September 5th), as there will be no more general promotions, and all communication will be limited to just those on the distribution list.

The quality of athletes this year is phenomenal – and there is excellent potential of world records being set in some events. Very exciting! There are British athletes expected to perform very well too – so it will be an exciting week of athletic competition – join the league to make it even more fun!!

The Championships website is <https://worldathletics.org/competitions/world-athletics-championships/tokyo25>. This will provide you with all you need to know about the event and athletes participating.

Committee

The Seaford Striders Committee is a dedicated team of volunteers committed to guiding and supporting our club.

If you have any questions or need assistance, don't hesitate to reach out using the contact details below.

Seaford Striders Club Leadership

Chair: Victoria Maleski

 info@seafordstriders.org.uk

Treasurer: Ralph Jennings

Assistant Treasurer: Karen Feast

 treasurer@seafordstriders.org.uk

Club Welfare Officers: Kate Parkinson, Emily Danvers

 welfare@seafordstriders.org.uk

Club Secretary & Health and Safety Officer: Kay Crush

 secretary@seafordstriders.org.uk

Membership Secretary: Leanne Pearce

 membership@seafordstriders.org.uk

Event Directors

Mince Pie Race Director: Nick Farley

Mince Pie Race Deputy: Graham Jones

 mincepie@seafordstriders.org.uk

Special Events Support: Julie Taylor

 speialevents@seafordstriders.org.uk

Cross Country Representative: Josh Nisbett


 crosscountry@seafordstriders.org.uk

Grand Prix Events

Club Grand Prix Coordinator: James Marron


 cgp@seafordstriders.org.uk

Sussex Grand Prix Coordinator: James Marron

 sgp@seafordstriders.org.uk

Communications Team

Social Media Representative: Lauren Stallard

 socialmedia@seafordstriders.org.uk

Website Manager: Katherine Simmons

 press@seafordstriders.org.uk

Newsletter Editors: Jo Robinson, Ray Smith

 newsletter@seafordstriders.org.uk

Club Team Captains

Men's Captain: Jeff Young

Men's Vice Captain: Gareth Hutchinson

 menscaptain@seafordstriders.org.uk

Women's Captain: Amanda Feast

Women's Vice Captain: 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

Next Issue Deadline 24 October



Contact Jo and Ray

newsletter@seafordstriders.org.uk