

SEAFORD STRIDERS NEWSLETTER



In this Issue

Sunrise Challenge

Great Scottish Run

Royal Parks Half Marathon

Strider Revealed (Video Interview)

Kristiane Westray - Savour

Spotlight on Lorraine Quigley

Triathlon Championships

Justine's Half Marathon Journey

Ironman Emilia-Romagna

Cardiff Half Marathon

Amsterdam Marathon

Hellingly 10K

Autumn Equinox race

Running into Autumn

In the style of Winston Churchill

We shall run from the heavy air of summer into the sharpness of autumn. We shall run from the blazing sun into the cool and steady wind. We shall run from the dust of parched roads into the fallen leaves of gold and crimson. We shall run as the long days fade and the shadows lengthen as the warmth gives way to the chill and the world itself turns from fire to steel. We shall run in fields and on pavements, in villages and in cities, by rivers, through woods and over the hills. We shall never surrender to Peacehaven or Hailsham. And should the strength of summer depart from our limbs, the courage of autumn shall carry us on leading us to victory over our fellow adversaries.





Victoria Maleski *From the Chair*

Birth, death & running – the important things in life.

October has been an interesting month – there have been so many amazing running achievements by you all. It makes us all feel collectively proud of what we all achieve.

The only pressure to achieve comes from within and can mean different things to all of us. For some it is just managing to get out the door for a run, whether it is fast or slow it doesn't matter. For others you may be chasing that PB, or making sure you keep going for 10 miles stepping up from a 10k or smashing a club record for your age group.

What is never in doubt is the support you get as a member of Seaford Striders and the appreciation you feel in achieving your goal, whatever that may be.

It goes deeper than that though. I've previously talked about the feeling of Striders being like an extended family. You will get support for your running achievements, but you will also get support when life throws everything at you.

In one day I got the news that two close friends had died, separately and unconnected. The phone calls came within 5 minutes of each other.

In the same week, my first grandchild was born.

These life events are all huge and the Strider support network played a massive part in helping me and my family come to terms with the enormity of it all. Obviously, the news of a grandchild arriving safely is lovely and positive – I was so pleased to be able to share this with my running buddies and receive the much-appreciated congratulations.

My life has changed massively as a result of being part of Seaford Striders and I'm sure many of you will say the same.

We are so lucky to have such a wonderful supportive club which is now amazingly in its 40th year. The 40th anniversary will be on 15th October 2026.



Sunrise Challenge

Matt & Kat's Morning Meltdown for Mental Health



Kat Warren

As the days grow shorter and the mornings and evenings get darker, motivation to run can disappear faster than a tray of brownies at the end of a Parkrun. I know I'm not alone in this, it's something many of us wrestle with every year. Especially when our beds are warm and the pavements are not.

Life's been a bit full-on lately (understatement of the year) and running has once again become my therapy. My escape. My slightly sweaty way of coping. It's cheaper than actual therapy, more effective than yelling into a pillow and comes with stunning views. What's not to love?

But as the darker mornings roll in, staying motivated becomes even tougher and weirdly, that's when we need it the most. Because it's no longer just about clocking up miles on Strava, it's about keeping the demons in check, clearing the mental clutter and holding on to the few things that keep us feeling vaguely human.

A few mornings a week I run with the Sunrise Crew – a lovely, slightly unhinged bunch of Striders who voluntarily meet at 6am (yes, six in the morning) at Splash Point to run about 3.5 miles to the sailing club and back. Some might call it dedication. Others might call it a cry for help!

Every now and then one of us suggests doing a 5 day running streak to boost morale.

Weirdly, it's usually me, still not sure if that makes me inspirational... or deeply questionable?!

And that's exactly how the October Challenge was born.

After 12 consecutive weekday morning runs with Matt (which already felt excessive), Sam casually suggested we just... keep going. Oh, and raise money for a mental health charity while we're at it.

Obviously, we agreed because why just suffer when you can suffer for a cause?

I checked with Matt to see if he was in,

but let's be honest, I was doing it regardless (sorry Matt, you're in too deep now).



So I set up a fundraising page for Mind, a great mental health charity and we committed to running every single weekday morning until the end of October. We'll be finishing on Halloween, of course, in spooky costumes because nothing says "mental health awareness" like sprinting along the seafront dressed as a zombie before 7am.

And so here we are. Morning after morning the alarm goes off at what feels like 2am. Some days we get a full crew, other days it's just a few of us. And occasionally, it's just Matt and me stumbling along the promenade in the dark wondering why we do this to ourselves and inventing new swear words as we go.

But we keep showing up. We keep running.

Because at this point, it's about so much more than fitness. It's about showing up for our own mental health and for others who are struggling too. It's tough. It's dark. It's early. But it's making a difference.

To everyone who's joined us, donated, or supported us from the warmth of your bed with a smug "rather you than me" — thank you. It means more than you know!

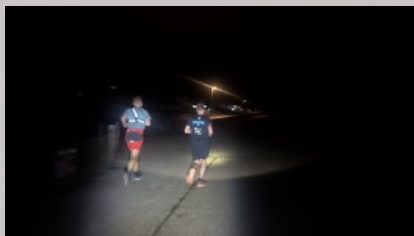
Let's keep going.

Let's keep showing up.

Even in the dark. Especially in Halloween costumes. And possibly while negotiating with the snooze button.

To donate to this amazing charity please click on the link:

https://www.justgiving.com/page/kathryn-warren-7?utm_medium=FR&utm_source=CL



Kat and Matt's Halloween Run



"Thank you so so much to everyone that joined us for the final 6am run of the month!! You all looked awesome, I am blown away and quite emotional, means so much that so many of you made the effort to come along and dress up!!! So proud of what Matt and I have achieved and all the money we have raised for Mind, made all the easier with the support of all you lovely people! Seaford Striders...you rock!!! ❤️🍷🥳👻👹👺👽" Kat Warren



"Just wanted to say a massive thank you to everyone for all the donations and support Kat and I have received during our challenge through October. ❤️ It's honestly been a real struggle at times, but knowing that all the different 6am runners would be there — in the dark and windy mornings — made it so much easier to get up and out. You all turned those early starts into something to look forward to! Kat set up a JustGiving page, and we're so close to hitting our £1500 total. 🙌 And then this morning — our 30th 6am run — 26 incredible Striders turned up! We had kings, jokers, clowns, ghosts, a sausage roll, ghouls, and even cave women! 🍷🥳👻 It was such a brilliant atmosphere. I was genuinely touched to see so many of you there. I honestly expected maybe 10 people, but the turnout, the laughter, and the energy were just amazing. Running along hearing everyone chatting and laughing was the perfect way to end the challenge. You're all absolutely amazing — thank you so much for the support, the donations, and the early mornings. Couldn't have done it without you all. ❤️" Matt Winton



WATCH IF YOU DARE



The 6am Challenge Lives On!

Just when you thought our fundraising heroes could finally hit snooze... the 6am legacy continues!

After six weeks of early starts, Kat and Matt have passed the baton to fellow Strider Sam Alvarez, who's taking on the challenge for the whole of November by running 6km every weekday at 6am to raise funds and awareness for Mind, supporting mental health.



Kat and Matt have already raised an incredible £1,525, and the new target is a bold £5,000. Sam will be braving the dark, cold mornings with determination (and a few Striders joining for moral support!).



Support the cause. Support the chaos. Support the 6am struggle.

To donate to this amazing charity please click on the link:

https://www.justgiving.com/page/kathryn-warren-7?utm_medium=FR&utm_source=CL

STRIDERS REVEALED

Watch the exclusive interview:
Ray interviews the most distinctive
Martyn Craddock



Click the above thumbnail for interview



For more information on Appleby Blue Almshouse, click the box above

Seaford Striders Halloween quiz



Winning team :
'Scream if you want to go faster'

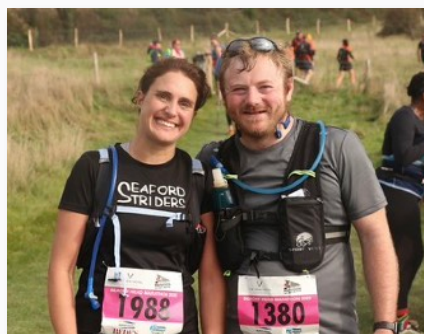


Costume winners Emily & Martyn. Close call, Kate and Compare Extraordinaire Graham



Beachy Head Weekend

He's back! Ray's captured the Beachy Head magic once again.



See his latest photos on Flickr:

<https://www.flickr.com/photos/raysfotos/albums/72177720329884845/>

A huge Striders shout out to Jackie Baxter, who completed a remarkable Beachy Head challenge. Jackie ran the 10K on Saturday and Half Marathon on Sunday, adding to her previous Ultra (2022) and 15 Marathon finishes! That means she now holds the full set of Beachy medals.



See next month's newsletter for Beachy Head weekend write ups.



And the winner is...

Katherine Simmons on winning the Seaford Striders London Marathon 2026 place, after crushing her first marathon in Amsterdam.

Well done Kat!

Exciting news, Moyleman fans!

The ballot will be open on
Monday 3 November

The ballot will be open until Sunday 9 November so no need to rush.

For further details:

<https://themoyleman.eventrac.co.uk/e/the-moyleman-10000>



Seaford Martello Half Marathon

Sunday 19th April 2026

Enter here:

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

Club Colours

Wear It With Pride: Why Your Club Vest Matters

There's nothing quite like the sea of sapphire blue (or the sleek black with white writing) lighting up local races, a sure sign that the Seaford Striders are out in force! But beyond looking fabulous in our club colours, there's an important reason to pull on your official vest or t-shirt when you race.

In both the Sussex Grand Prix (SGP) and the Sussex Cross Country League, wearing your club kit isn't just about showing team spirit, it's part of the official rules. For both SGP and XC events, if you're not in your club vest, not only is it bad sportsmanship, you could even be disqualified from the results.

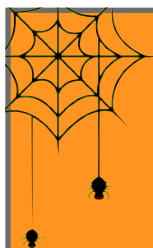
So, whether you choose sapphire blue with black lettering or black with white lettering, make sure you're representing Seaford Striders with pride. It's the easiest way to show your loyalty and support your teammates. And let's be honest, we look pretty fabulous out there, don't we? 💙💜



As a new member, you'll receive a voucher for a free Striders vest or t-shirt. Adult members can choose from a vest or tee in sapphire blue with black lettering, or black with white lettering.

Club kit is available from InterSport in Seaford or Lewes. You'll also find a full range of additional t-shirts and vests in all kinds of fancy colours. All new Striders receive a voucher for a Striders top and new junior members will receive a voucher for a free electric yellow short-sleeved t-shirt.

Thank you for modelling it so beautifully Cleo.



SOCIAL

Events Calendar

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

Hellingly 10K



Alongside club colours, Striders wore a splash of orange to celebrate Ron's big birthday. There was plenty of birthday cake to go round and a rendition of Happy Birthday led by Hailsham Harriers

Happy birthday Ron

Track or Treat



Led by our very own vampires Josh and Anneka, Striders hit the track for a frightfully fun evening of Mummy Runs, Unlucky 13, Zombie Chases, and the all important Broomstick Relay. Some were literally flying round the track! 🧹👻

The **Ghouls** clawed their way to victory, leaving the **Vampires**, **Banshees** and **Pumpkins** in their dust.

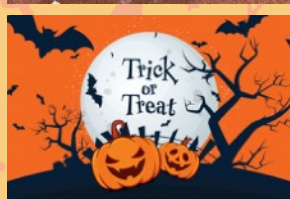
Highlights included: **Ghost train warm up**
Mummy Runs a relay race that saw teams wrapping their runners in toilet roll before they could take off!

Unlucky 13 a 13 minute run where each lap came with a card pick: a *trick* (30 second rest) or a *treat* (chocolate... or *steal* the chance to steal another team's!)

Zombie Chase where Josh took on the role of zombie pursuer, giving runners staggered head starts from 40 seconds down to 5... and still managing to catch most of us!

🧹 **Broomstick Relay** a chaotic short sprint involving "riding" broomsticks round the track. Turns out, capes and broomsticks aren't as aerodynamic as you'd think!

Massive thanks to our fanged leaders for a night full of laughs, chaos and fun.

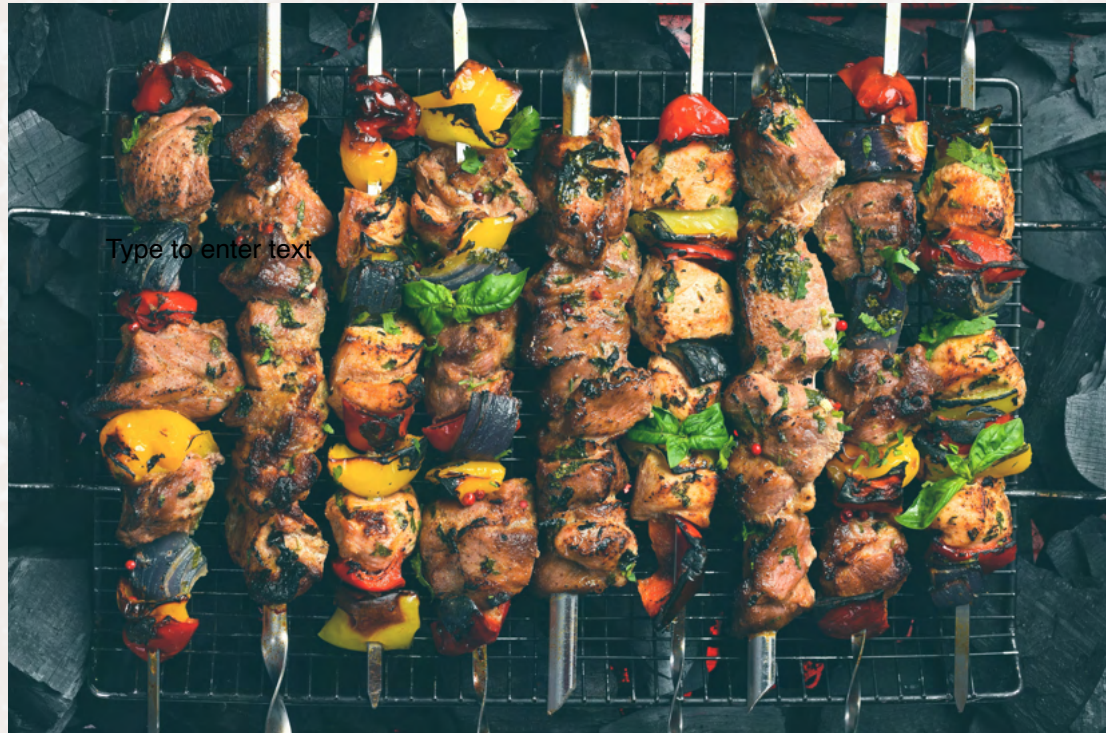


WATCH IF YOU DARE

LAMB SKEWERS

SUPER EASY - SERVES 4 - 6

Submitted by Nick Farley



INGREDIENTS

For the marinade:

75g Greek yoghurt
2tsp freshly chopped rosemary
1tsp freshly chopped thyme
2tsp paprika
1/4tsp cumin
Sea salt to taste

To serve:

Mayonnaise with ½ freshly squeezed
lemon mixed in
Greek Salad

METHOD

- 1 – Mix together the marinade ingredients together, seasoning well with salt. Add the Lamb and mix well to coat. Leave in a cool place for at least 1 hour or best, overnight.
- 2 – Separate the onion leaves (layers) and cut into 3cm pieces. Cut the pepper into 2cm pieces.
- 3 – Starting and ending with the lamb, thread the meat, onion & pepper onto 4-6 skewers.
- 4 – Place under a medium hot grill and cook for approximately 8-10 minutes. Turning every 2-3 minutes.
- 5 – Serve the skewers with lemon mayonnaise and Greek salad.
ENJOY!

Bushy Parkrun CGP

Striders on Tour: Bushy Park parkrun



We left the house in pouring rain, wading through puddles on the way to Seaford station to catch the coach. Lists flew out of the window as the morning got underway, but the coach departed with military precision. Our first pick-up was by a giant puddle, where Jen, Spencer and Paul were waiting cheerfully despite the weather. Next came Denton and Peacehaven, where the rest of the Striders climbed aboard. With everyone accounted for, we settled in for the journey to the birthplace of parkrun: Bushy Park.

As the coach pulled in, the rain had eased, though the ground was still wet underfoot. The famous Bushy funnel was already being set up, and we marvelled at its scale, perfectly designed to channel hundreds (actually thousands!) of finishers through smoothly.



This wasn't just any Saturday morning for Striders either: it was **Sue Wallis's 200th parkrun**. She proudly wore her "200" sash, and to mark the milestone, a group of Striders wore tutus in her honour. The celebrations added extra colour to an already special day.

We joined over a thousand other parkrunners on the wide start. The course itself is classic Bushy: flat, scenic and shared with deer that were happily grazing nearby, unfazed by the stampede of runners.

Striders spread out across the field, some chasing times, others taking it steady and soaking up the atmosphere. There were sprint finishes, muddy shoes and lots of smiles. For many, it was a bucket-list tick: running at the home of parkrun.

Once through the legendary funnel and barcode scanning, we regrouped with tales of puddles, PBs and potential CGP points. Sue's milestone was well celebrated, and photos by the Striders flag captured the moment.



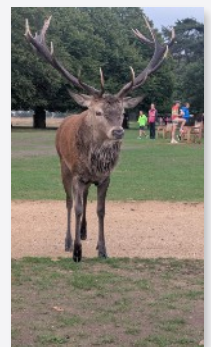
On the way home, we brunchedin at Rykers café. Some of us were lucky enough to bag their full English breakfast before the midday cut-off, while others made do with lighter options, well earned coffees and beers. It was the perfect pit stop before the final leg home.



Entertainment was never far away, thanks to four-year-old Spencer. Armed with plastic tubes, he kept us busy on the journey by transforming them into telephones and even wiggly worms. His energy and imagination carried us most of the way back. Some even managed to sleep through the fun.

As the day wound down, one question remained on everyone's lips: Would Sue C make it home in time to walk the sponsored Starlight Stroll that very evening?

A huge thank you to SoCo and Ralph and to all the Striders who made the day so memorable. Here's to the next adventure!



Recent Results

Shere 42K(42.6K)

06/09/2025

79 Phil Robinson

05:25:24

Big Half London

07/09/2025

1022 Samantha Alvarez 01:29:46 CR
2915 Russell Hewlett 01:42:15
3997 Matt Winton 01:47:34
6269 Kat Warren 01:57:21
6924 Lisa Parkinson 01:59:37
14474 Darren Wymer 02:39:36

Great North Run

13/09/2025

189 Richard Impey 01:17:39 PB

Brockenhurst Naked 55

13/09/2025

- Steve Sprague(peacehaven) 00:21:22
- Richard Preece 00:23:53

Rye Ancient Trails 30KM

14/09/2025

19 Ollie Sprague(peacehaven) 02:28:14
118 Richard Preece 03:22:03

Run The River Adur

14/09/2025

- Louise King 02:48:15

Erkner, Germany, Half Iron Man

14/09/2025

- Justine Ridgway

Swim 00:43:14 T1 00:08:15
Bike 03:02:40 T2 00:11:03
Run 02:31:00 Finish 06:36:10

Self Transcendence 24 Hour Track

20/09/2025

21 Kevin Pryde 171.624KM. 106.624miles
100KM and 100Miles CR

Full Iron Man Emilia-Romagna Italy

20/09/2025

11 Rolando Hutchinson

Swim 01:13:29 T1 00:09:23
Bike 05:42:21 T2 00:09:28
Run 04:36:48 Finish 11:51:31

Berlin Marathon

21/09/2025

25017 Martyn Dallimer 04:23:15

Bates Green Gallop

21/09/2025

10 Lisa Parkinson 06:07:22 (32.4 miles, 9 laps)
14 James Dopson 06:16:24 (32.4 miles, 9 laps)
33 Russell Davis 03:20:30 (21.6 miles, 6 laps)
38 Nick Farley 03:22:56 (21.6 miles, 6 laps)
46 Dominic Hind 04:10:49 (21.6 miles, 6 laps)
54 Tom Forristal 05:11:46 (21.6 miles, 6 laps)
76 Ron Van Heuvelen 03:44:45 (18.0 miles, 5 laps)
79 Katherine Simmons 04:27:52 (18.0 miles, 5 laps)
120 Jill New 02:43:19 (10.8 miles, 3 laps)
121 Gary New 02:43:20 (10.8 miles, 3 laps)
134 Leslie Mayger 02:00:24 (7.2 miles, 2 laps)
136 Sally Mayger 02:10:44 (7.2 miles, 2 laps)

Uk Ultra Dark Downs 50K

27/09/2025

65 Zoe Hall-Zschenderlein 06:50:23

Hellingly 10K

17 Joshua Nisbett 00:38:11
19 Richard Impey 00:38:42
34 Luke Borland 00:41:49
35 Samantha Alvarez 00:41:55
36 Steve Sprague(peacehaven) 00:42:34
38 James Marron 00:42:47
45 Gary Collings 00:43:39
75 Richard Preece 00:45:58
80 Ralph Jennings 00:46:23
92 Anneka Redley-Cook 00:47:33
138 Martyn Craddock 00:52:14
181 Charis Crudgington 00:56:32
186 Ron Van Heuvelen 00:57:40
183 Katherine Simmons 00:56:41
189 David Hayes 00:57:40
192 Emma Godden 00:57:43
198 Michelle Mills 00:57:58
204 Tom Forristal 00:59:14
210 Paula Tiller 01:00:05
223 Kate Lewis 01:01:00
231 Simone Amis 01:02:44
241 Hannah Fender 01:02:49
246 Kay Crush 01:03:26
252 Kathryn Donkin 01:04:04
262 Gary New 01:06:34
269 Jill New 01:07:00
270 Debbie Priest 01:07:20
270 Michael Priest 01:07:33
276 Janine Bishop 01:09:26
277 David Linsell 01:09:33
278 Jo Robinson 01:09:38
282 Samantha Cornwell 01:12:30
283 Jeanette Wells 01:13:34
284 Martyn Quigley 01:14:21
287 Lorraine Quigley 01:14:21
289 Sandra Standen 01:14:34
298 Judith Linsell 01:16:47
305 Sarah McDermott 01:26:35

Recent Results

London Vitality 10K 28/09/2025

5941 Victoria Maleski 01:09:28

Ealing Half Marathon 28/09/2025

46 Jack Hutchinson 01:19:45

Robin Hood Half Marathon

7960 Kevin Tant 02:34:10

Welwyn Half Marathon 28/09/2025

170 Darren Wymer 02:00:32

Hever Castle Triathlon Olympic 28/09/2025

76 Rolando Hutchinson

Swim 00:28:36 T1 00:03:35

Bike 01:17:01 T2 00:01:39

Run 00:44:08 Finish 02:35:01

Barns Green Half Marathon 28/09/2025

114 Rosie Neill 01:37:03

817 Amanda Harman 02:41:28

Barns Green 10K 28/09/2025

628 Tracy Pragnell 01:05:52

Lewes Downland 10 Mile 05/10/2025

11 Gareth Hutchinson 01:13:45

65 Ollie Card 01:21:51

70 Kevin Ives 01:30:39

Lewes Downland 5 Mile 05/10/2025

58 Tom Roper 01:12:31

Macedonia, Skopje Marathon 05/10/2025

5 Ollie Sprague 02:29:50

Great Scottish Half Marathon 05/10/2025

15602 Victoria Maleski 02:45:06

Cardiff Half Marathon 05/10/2025

16017 Kay Crush 02:14:55

17472 Debbie Priest 02:22:02

18484 Jill New 02:27:47

21911 Jeanette Wells 02:40:12

23159 Lorraine Quigley 02:55:54

South East London Spartan 10K 05/10/2025

439 Jen Williams 02:02:50

Hastings Half Marathon 05/10/2025

53 Richard Impey 01:24:52

147 Fabian Eason 01:33:25

162 Luke Borland 01:34:17

210 James Marron 01:37:20

343 James Dopson 01:43:11

350 Stephen Ramsey 01:43:47

405 Russell Hewlett 01:45:23

502 Tom Bell 01:48:39

904 Phil Robinson 01:58:24

1071 Olivia Harman 02:02:32

1116 Martyn Craddock 02:04:14

1272 Katherine Simmons 02:08:37

1285 David Hayes 02:08:55

1374 Emma Godden 02:11:44

1397 Lucinda Dopson 02:12:17

1572 Ron Van Heuvelen 02:17:57

1580 Tom Forristal 02:18:18

1756 Trevor Jones 02:23:44

1741 Justine Ridgway 02:24:37

2006 Raymond Smith 02:41:55

2005 Joanne Robinson 02:41:56

Thruxton Duathlon 05/10/2025

133 Erica Martin

Run 00:14:46 T1 00:01:00

Bike 00:36:19 T2 00:01:01

Run2 00:15:40 Total 01:08:48

Sussex AACross Country League Goodwood 8K 11/10/2025

45 Josh Nisbett 00:30:27

Bournemouth Half Marathon 12/10/2025

170 Darren Wymer 02:00:32

3792 Trevor Jones 02:17:36

Rise 8K Undercliff Saltdean 12/10/2025

- Louise King 00:48:56

Royal Parks Half Marathon 12/10/2025

6135 Jacquie Trott 02:29:27

The Yorkshire Marathon 19/10/2025

3856 Phil Robinson 04:28:38

Amsterdam Marathon 19/10/2025

6421 Ralph Jennings 03:34:30

6915 Ollie Sprague(Peacehaven) 03:27:07

15916 Richard Preece 04:03:21

17397 Darren Wymer 04:12:20

16772 Steve Sprague (Peacehaven) 04:27:58

23157 Katherine Simmons 05:54:58

23158 Ron Van Heuvelen 05:54:59

Recent Results

Bois Guillaume Half Marathon

19/10/2025

329	Anne Josset	02:00:33
Great South Run		
19/10/2025		
170	Richard Impey	01:00:39
626	Fabian Eason	01:08:11
770	Dave Dunstall	01:09:24
3316	Graham Jones	01:22:27 CR
5219	Sue Curtis	01:28:36
9457	Lauren Stallard	01:40:32
10256	Kay Crush	01:42:45
10670	Debbie Priest	01:44:03
11567	Jill New	01:46:56
14077	Janine Bishop	01:56:09
14572	Martyn Quigley	01:58:41
14578	Jeanette Wells	01:58:44
14924	Sam Cornwell	02:00:54

Hove 10k

19/10/2025

21	Gareth Hutchinson	00:38:43
32	James Marron	00:39:53
84	Joshua Rudd	00:43:31
129	Raymond Smith	00:47:08
237	David Hayes	00:54:52
247	Emma Godden	00:56:34
275	Katie Mayo	00:58:11
302	Chris Le Beau	01:00:38
316	Justine Ridgway	01:02:53
351	Jo Robinson	01:08:29

Lisbon Marathon

25/10/2025

5177	Austin Warren	04:16:27
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Beachy Head 10K

25/10/2025

1	Joshua Nisbett	00:43:19
7	Richard Impey	00:45:01
8	James Marron	00:45:55
50	Richard Preece	00:52:28
105	Carly Holmes	00:59:18
282	Peter Fannon	01:11:01
289	Ellen Spear	01:09:40
406	Helen Ramsey	01:17:45
423	Jackie Baxter	01:19:26
472	Julie Fannon	01:23:17
547	Tracy Pragnell	01:31:08
622	Emma Boswell	01:44:06
632	Sue Wallis	01:52:40
633	Susan Page	01:52:59

Beachy Head Ultra

25/10/2025

19	Jay White	05:02:47
54	Bryony Clarke	05:42:09

Beachy Head Marathon

25/10/2025

14	Jack Hutchinson	03:38:34
48	Ollie Sprague(Peacehaven)	03:56:19
128	Nick Farley	04:25:48
241	Aaron Pooley	04:52:04
353	Russell Hewlett	05:13:40
368	Fabrizio Ferioli	05:16:34
403	Peter Jaques	05:21:30
564	Lindsay Tearle	05:51:27
569	Martyn Craddock	05:54:40
574	Sue Curtis	05:53:15
579	Adam Haverly	05:55:29
580	Hazel Tarrant	05:54:34
826	Tom Forristal	06:56:16
827	Lauren Stallard	06:56:16

Beachy Head Half Marathon

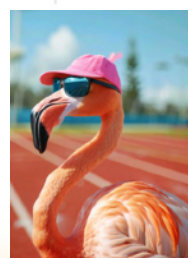
25/10/2025

15	Joshua Nisbett	01:39:02
38	James Marron	01:44:49
51	James Smith	01:46:53
63	Gary Collings	01:49:49
84	Joshua Rudd	01:53:14
111	Tom Bell	01:57:12
167	Jay White	02:03:25
213	Lisa Parkinson	02:10:23
272	Peter Jaques	02:16:33
314	Emma Godden	02:19:36
327	Natasha Hickin	02:21:11
356	Adam Bryant	02:24:27
357	Kat Chamberlain	02:24:52
353	Jackie Baxter	02:25:14
397	Chiara Di Giorgi	02:29:42
426	Lucinda Dopson	02:34:28
495	Lousie King	02:45:17
519	Robert Tearle	02:50:37
608	Jeanette Wells	03:20:14
609	Sandra Standen	03:20:16

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

Any omissions or corrections can be put in the next newsletter

newsletter@seafordstriders.org.uk



Royal Parks Half Marathon

Jacquie Trott

My daughter, Mae, and I attended the Royal Parks Half Marathon on Sunday 12th October. It was the third half for me and Mae's first ever event. Staying up there the night before was a blessing although the supposedly 10 minute walk to the event was actually 20 minutes, looking on the positive that was a good warm up for us! We soon caught up with the swarm of runners and entered the event village, baggage dropped off and then for the loo queues! Mae was in wave 4 and anxious to be there on time, we gave each other a Good Luck hug and off she went. Meanwhile, I stood in the long queue with what seemed like 1000's of others whilst the event announcer kept 'advising' everyone to go get in their wave pens (that was mentioned in my event feedback, because it really didn't help matters..... we've all been there with a pre-race nervous wee!)

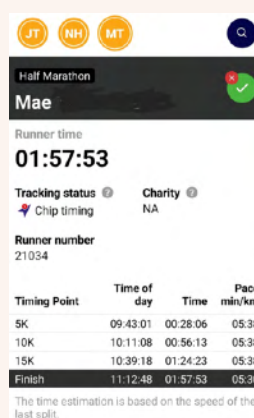


Off I trott (pun intended) to my start wave, it wasn't particularly clear where we should be but it wasn't an issue, I saw another 2.30 pacer and stood with her. Got chatting to a few others (one lady in particular, she features later on) and it wasn't too long until the off. I was running solo for the first time, although not quite with 16000 participants doing the same thing! But still, a big thing for me to not have someone nagging me around the course. The course was absolutely brilliant, a mixture of London tourist sights and the beauty of the parks and lakes, but virtually the whole way round the route was lined with charities (the usual large ones but smaller charities too) and so many spectators and supporters. They honestly got me around the course with their cheering, funny signs (yes I know Wine will be at the finish, the cats need feeding, it's all for Strava, and some original ones too) the 'Power Up' signs and high fives, were all welcomed by me.

The water stations were well manned and including water refilling areas and sanitary products which I've not seen before, and great to be included for women (well done organisers). I had a few messages around the course from those back home, which also helped spur me on

(I'm very grateful for all the support, it really makes a difference). Half Way came and so did the 'I can't do this' in my head, but I thought about various friends who've run with me in the past and their encouragement, I knew I could do it really and despite a bit of pain in my foot and hip (why did I wear those new trainers..... I know better than that!!) I carried on determined to finish under 2.30.

My daughter messaged me to say her and her 4 girlfriends (who'd come up from Brighton that morning to support her at 4 different points around the course) were positioned at the finish and knowing that, my competitive edge kicked in and hearing their cheers I got over the line in 2 hours 29 minutes 27 seconds.... phew, I made it! The lady I'd met at the start came over to me and asked if my daughter had got in under 2 hours (she did by the way, an amazing 1 hour 57 minutes) but at that point I started to feel a little faint and couldn't catch my breath. She got me to sit by the side and stayed with me for about 5 minutes to check I was ok (turns out she is a nurse.... what are the chances!) and that's what events like this do, they bring people together, all looking out for each other knowing what everyone is going through. The camaraderie around the course was just fantastic.



Finally, I've included Mae's pacing, for her first event, not wearing a watch, she kept to the exact same pace around the course! Having done my first Seaford Striders event of the 'naked' Parkrun the day before, I'm going to try this often.



The Royal Parks Half Marathon - Highly recommended.



AI STORY

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

Disclaimer : This maybe 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.

Run, Pints, Pizza and the Perils of an Unlocked Door

The Sleaford Sliders had gathered for their usual Thursday evening run, setting off with the sort of cheer only runners know: legs moving lightly, conversation flowing, and the promise of food and drink pulling them forward as much as the miles did. The routes were steady, a loop through the streets and out onto the quiet lanes, the group strung out in pairs and trios, catching up on gossip and race plans as the sun dipped low.

By the time they trotted back into town, the Abyss pop-up pub glowed like a beacon. Shoes squeaked over the floorboards as they filed in, flushed from the run and already picturing the pizzas they'd ordered. The first pints disappeared quickly, cold and crisp, and laughter filled the corner where they had gathered.

But the pizzas, alas, were not so quick. The staff kept apologising, promising "just a few more minutes," while the Striders, ever sociable, filled the gap with another round... and then another. Even the more disciplined were nudged into a second or third drink, and soon the chatter had grown louder, the jokes bolder, the tables littered with empty glasses.

When at last the pizzas arrived—hot enough to burn fingers and vanishing in record time—it hardly mattered that the wait had been so long. By then, everyone was merry, swapping slices, clinking glasses, and declaring that this was surely the best recovery meal they'd had in weeks.

Closing time came too quickly, and the Striders reluctantly gathered their things, pulling on jackets and hunting for trainers. It was then that Rolph Bennings slipped away to the toilet, light-headed from lager and perhaps not quite as careful as he might have been. He forgot the simplest of rules: lock the door.

Moments later, in waltzed Katie "had a few to drink" Loos, only to be met with an unexpected sight. Her shriek echoed through the hallway, Rolph scrambled in a panic, and word of the incident spread to the others before they'd even reached the door. The group dissolved into laughter, stumbling out into the cool night air with tears in their eyes—not from the run, but from the story they now had to tell.

As they walked home under the streetlamps, still chuckling, it was agreed: the run had been good, the pizzas worth the wait, the beer perhaps a little too plentiful... but it was Rolph and Katie who had truly made the evening unforgettable.



The Great Scottish Run

Storm Amy and Pollok Park “coos” – the Great Scottish Run

Victoria Maleski

Everyone else seemed to be running in different countries so I thought why not and booked myself onto the Great Scottish Run half marathon. I didn't need my passport though!

My son and his girlfriend had run the event in 2024 and enjoyed the experience but had warned me about the lovely hill which was about halfway round.

Lance and I had decided to make this a long weekend in Glasgow, with the journey being part of our treat. We booked first class tickets for the London to Edinburgh part of the journey and would get a standard train from Edinburgh to Glasgow (much cheaper than the equivalent west coast route direct to Glasgow).

I have to admit that I hadn't put the training in to be race ready for this event but I knew I could complete the distance with a combination of running and walking. I was keeping an eye on the weather as the race date got closer and during the couple of weeks before it was showing it wet and windy for race day.

I hadn't really looked at the weather for our journey until the meteorological folk decided that we would be feeling the effects of Storm Amy. The journey from Seaford to London went smoothly but we started to see a few train cancellations from the London terminals to Scotland, luckily our booked train was not affected and we set off enjoying the hospitality in first class.

We got to Doncaster and shortly afterwards we were given the news that the train was being terminated at Newcastle apparently it had been decided that electric trains were not able to run because of the high winds forecast as Storm Amy, luckily diesel trains were still able to run, albeit subject to speed restrictions and we were advised to change onto one of those. There was a warning that they were likely to be very busy.

After a little wait at Newcastle we got on a Cross Country train to Edinburgh and the first class hospitality continued. The trains from Edinburgh to Glasgow were luckily still running and we eventually made it to our hotel in Glasgow about 2 hours late but in time for a FaceTime call to see my new grandson who had been born that evening.

We found out that all west coast trains were being terminated at Preston so if we had gone that way we wouldn't have made it to Scotland that day. On Saturday the train cancellations continued way into the afternoon as the downpours and gales continued.

Luckily by the race day the worst of Storm Amy was over, the day was a bit grey, slightly windy but comfortably chilly. Our hotel was just two blocks away from the start so there was plenty of time for a hotel breakfast and time spent watching runners in earlier waves walking to the start and the 10k finishers walking back with their medals and finisher T-shirts.

After the luxury of making use of the room en-suite facilities rather than braving the event portaloos I was on my way to the start. I kept my rain jacket with me initially but decided I was ok without it so passed it to my support crew Lance.



I had told Lance to expect me at the finish in about 3 hours, I waved goodbye then moved forward to the start going through about 5 minutes after the estimated start time. The first few miles went well; there was lots to see and great crowds with lots of music along the way. We then started to see the signs for Pollok Park where I knew the hill treats were waiting for us. Lots of people around me had done the route before and were nervously approaching the hills. They weren't steep but they were the type that just keep on giving.

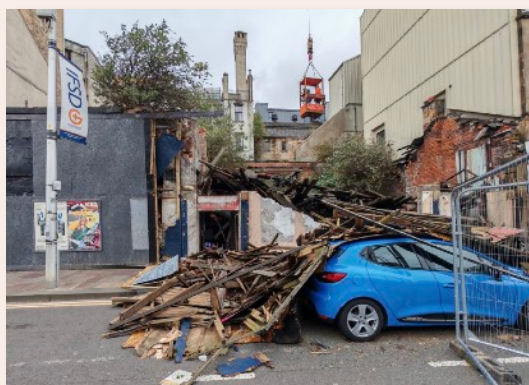


I could tell that we were in Scotland as there some beautiful highland cattle in the Pollock Park fields. This was the only place I stopped as I wanted to take a photo of the “coos”. The Park was lovely to run through but there was plenty of evidence of Storm Amy with several trees having been cleared off the paths where they had fallen over the past couple of days.

After the relatively windy route through the park we returned to the more urban roads heading back towards the city centre and the Clyde. This was when I started to feel the lack of preparation so I just fixed myself on a couple of the runners around me and made sure I kept up with them through a combination of running and walking.

I do find it a bit strange being in an event without the usual Strider support on the route, but I like running in places that I don't know that well – it does encourage me to keep my head up and look around. I had seen Lance about 3 miles out and he was waiting for me again between miles 11 & 12. As I had slowed down I was starting to feel the cold and the Scottish drizzle had started so I got my rain jacket back at the right time.

The finishing route took us past a building that had collapsed in the storm, rather unfortunate for the car that had been trapped underneath it – I did wonder whether it was a runner's hire car!



I carried on to the finish with the rain gradually increasing in intensity, my son managed to catch me on the live finish cam, I was clearly relishing the opportunity to do a sprint finish, passing a few people on the way. My time was just over 2 hours 44 minutes, well within my estimate of 3 hours. After a slight challenge in tracking down Lance we made our way back to the hotel. We enjoyed a lovely Turkish meal that evening with a celebratory drink or two.

Luckily, our return train journey the next day was uneventful. All in all a great weekend even if it was a bit stressful on the way up!

Night of the PBs: Sprint to Middle Distance Edition

Ready to chase a shiny new PB? Join us on Monday 24th November for our next Night of the PBs track event. This night will be focusing on sprint to middle distance races.

Expect buzzing atmosphere, supportive Striders and plenty of chances to test your speed on the track..

Whether you're aiming for a club record, new PB or just want to cheer others on, it's an evening not to miss.

More details to follow. Get the date in your diary now!

Lorraine Quigley

From Army Boots to Running Shoes

If you'd told Lorraine Quigley back in 1992 that she'd one day be a marathon runner, she'd probably have laughed.

"I was very much a party gal," she admits with a grin. "I joined the Army at 20, served 12 brilliant years and hated running. There's no connection at all between Army running and what I do with Striders now!"

After leaving the Army, life revolved around family, her husband Martyn and their two boys. Sport was always there in the background but running only really came along in 2013 when she signed up for Race for Life with her son Ciaran (then a Strider). *"I wanted something to train for and to lose a bit of weight and running was free!"*

On Remembrance Sunday that year, her brother told her he was doing the Brighton Marathon in 2015 *"I said yes on the spot, probably after a drink or two," she laughs. "I joined Striders to help with the training and it was one of the best decisions I've made."* He went on to do that marathon but Lorraine had to defer to 2016 due to injury.

Her first events were BM10K 2014 (59:51), Seaford Half 2014 (2:39:34) and the Poppy Half 2014 (2:14:34).

Her running journey hasn't been without its setbacks. *"The Mince Pie 10 back in 2014 was a bit of a disaster," Lorraine laughs. "I jarred my hip after a fall early on, and because I didn't rest properly, I ended up with plantar fasciitis"*

In 2016, she ran her best half marathon at Brighton in 2:13:50, then took on her first full marathon at Brighton in 5:12:35. *"I'd deferred from 2015, so I was just happy to get round, though I was disappointed not to go under five hours. Still, I loved the atmosphere, but the marathon takes so much out of your body, but you can't beat that feeling at the finish."*

Since then, she's added a huge list of races to her name, including:

Brighton Halfs in 2017 (2:18), 2018 (2:20), 2019 (2:45) and 2020 (2:16)

Worthing Half 2019 (2:33)

Heathfield 10K 2019 (1:11)

Chichester 10 Miler 2019 (1:59)

Poppy Half 2019 (2:14)

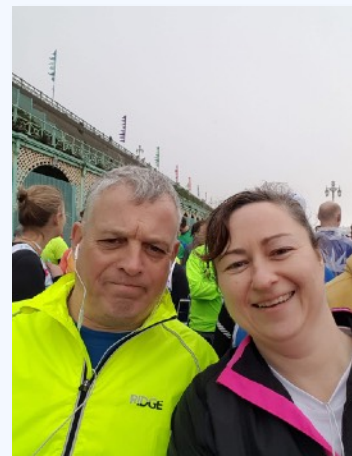
Beachy Head Half 2020 (2:41)

Virtual London Marathon 2020 (5:57:34)

London Landmarks Half 2021 (2:39)

She jokes that she's a *"lazy runner who doesn't do enough training for races,"* but her consistency says otherwise.

Lorraine was lucky enough to get into the London Marathon through the second round of the ballot and she loved the atmosphere. *"It's hard to describe. It takes a lot out of your body. The photo is of me at the end of the London Marathon, sat on the floor with a beer in my hand. It looks like I'm leaning against a tree, but I'm actually just sat there unable to move!"* she laughs. *"Martyn once gave me Kendal Mint Cake mid-race, that's the kind of fuelling I go for!"*



Lorraine prefers company rather than solo runs and says the social side of Seaford Striders has kept her going through injuries and motivation dips. *"When I did the virtual London Marathon, the Striders' support was amazing . It meant everything."*

Lorraine's still tackling the Super Six Half Marathon Series (Berlin, Cardiff, Lisbon, Prague, Copenhagen and Valencia) if her knee allows, but she swore off marathons after Brighton, *"I vowed never to do another full one!"*

These days she's part of the Speedy Walkers group on Wednesday nights, having stepped back from leading runs due to injury. A LiRF-qualified leader and former club treasurer, she's still at the heart of the club community.

Outside of Striders, Lorraine runs her own sports massage business, Muscle Magic and is studying towards her Level 4 qualification to assess injuries. She's also a qualified personal trainer, sea swimmer and a fan of new challenges, having climbed Ben Nevis and Snowdon, with Scafell Pike next on her list.

Reflecting on how the club has changed, she says, *"Back then there weren't any slower groups, which put people off joining. Now there's something for everyone and the social side makes it so welcoming."*

Her advice to new Striders?

"Don't just focus on the running. Get to know people and enjoy it. The friendships are what make it all worthwhile."

Lorraine's advice is simple: Keep going, enjoy it and make it social, because it's the people that matter.



The face behind Muscle Magic 🧑

Hi, I'm Lorraine. I set up Muscle Magic to help those of you with annoying sporting niggles or just a relaxing massage to ease everyday tension.

Sport has always been a big part of my life. I joined the Army at 20 and served 12 brilliant years, leaving with a husband and 2 sons. With 2 boys and dogs in the house, there was always plenty of physical activity going on!

Around 2014 I got back into running and since then I've completed 3 marathons, plus plenty of half marathons, 10 milers, 10k and 5k races. I'm currently tackling the Super Six half marathon series – Berlin, Cardiff, Lisbon, Prague, Copenhagen and Valencia.

I've had my fair share of running injuries too, so I understand how frustrating it is when they get in the way of your normal training.

Feel free to message me on WhatsApp 07484 253039 or book your massage here

👉 <https://clientportal.uk.zandahealth.com/clientportal/musclemagic>

I look forward to meeting you soon 😊



Autumn Equinox Race

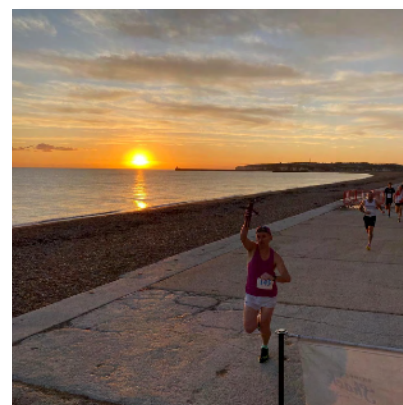
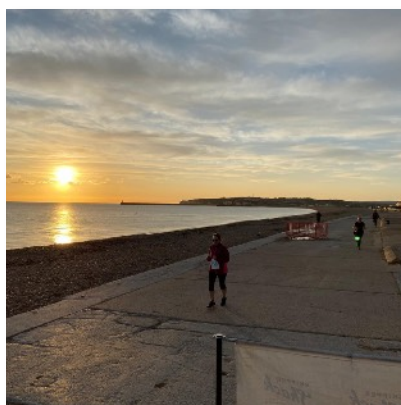
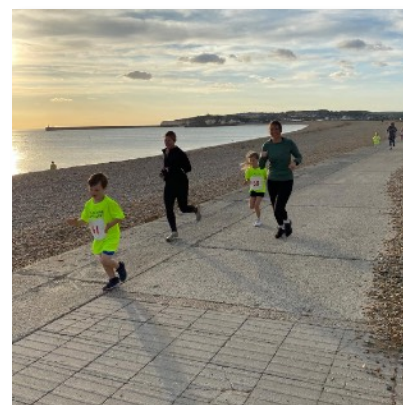
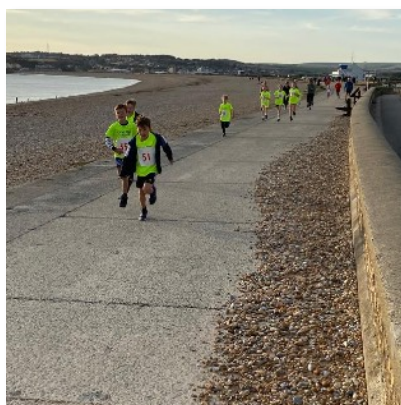
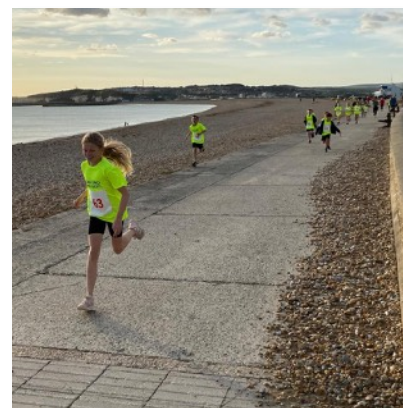
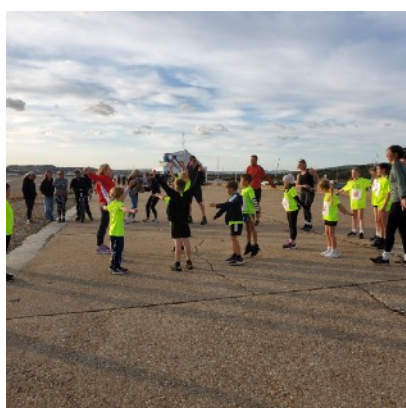
Equinox Handicap Race 2025 – A Thrilling Finish!

What a fantastic turnout for this year's Equinox Handicap Race! With runners crossing the finish line in a flurry of activity, organiser Graham Jones summed it up perfectly:

"It was fantastic to see so many of you finishing within just a three minute window, even if it did make life a bit hectic for the timekeepers and recorders!"

Despite the staggered wave starts, Wave 2 setting off three minutes after Wave 1 and subsequent waves at one minute intervals, the handicap format meant that everyone had a fair shot at finishing first regardless of start time. The close finishes made for an exciting spectacle and a true celebration of pacing and perseverance.

A huge thank you goes out to all the volunteers who kept things running smoothly and to every runner who took part and gave it their all. The wave times from this event, along with those from the upcoming 2026 Solstice Run, will help shape the handicaps for next year's Equinox, so stay tuned!



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.

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

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.

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

Exciting news this season is that we have a home event to host!



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

Blackcap Cross Country

Josh Nisbett

Bettering last year's record number of pre-registration entries for adults this year, we once again had a great turn out for the first race of the season at Lewes. Seven of our juniors raced the for once dry course with a few more collecting their numbers for next time out.

A big congratulations for Tobias Crossley who won the under 13 boys race, while Eva Miles

went one better from her first race last year coming in second place.

It was good to see some new faces at cross country, and

I hope you all enjoyed the morning. I couldn't run myself so I'm unsure of the courses conditions but seeing everyone cross the finish line it didn't look that muddy out there. Rest assured next time at Snape Wood will be a different story, so don't say I didn't warn you!

As a team we came 3rd out of 16 teams behind Lewes and the Eastbourne clubs. We scored in every age and gender category again like this time last year, keep it up everyone.



The adult results can be found here; <https://www.eastsussexcrosscountry.co.uk/results>

Junior results

Under 11 Girls:

Eva Miles 2nd
Kitty Winton 6th
Lucy Pollard 8th

Under 11 Boys:

Arron Otoide 4th
Caleb Eaton 17th

Under 13 Boys:

Tobias Crossley 1st
Tommy Browne 4th

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.

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

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

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

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

Contact XC rep, Josh Nisbett

 crosscountry@seafordstriders.org.uk

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



No	Event	Date	Type	Notes
1	Whitbread Hollow XC	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	Horsham 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

Female Results – Update 28/10/25

[illegible]

Club Grand Prix

Male Results – Update 28/10/25

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	Malling Rac Parkrun	Henfield Half	Hove Prom Parkrun	Bushy Parkrun	Hellingly 10k	Hastings Half	Seaford Naked Parkrun	Beachy Head Marathon Weekend	SS V/ B Point	Total Points	No. of Runs	Top 10 Score
1	Josh Nisbett	29	27	29	28	24	30		23	30				25	28	30		19	32		354	13	288
2	James Marron	27	24		24	30	28	29	29	27		24		29		27	27	26	31		381	14	284
3	Richard Preece	23	23		29	25	29		27	21	24	29		26		25		30	27		338	13	271
4	Ralph Jennings		22		30	28			26	17	28	23		27	29	24		21			275	11	258
5	Russ Hewlett	21	14	22	26	14			20				26	24	25		24	27	27	1	271	12	243
6	Peter Jaques			18	27	23	27			15	23	27		20	27				29		236	10	236
7	Austin Warren		29	27					30	25	30			30	30			28			229	8	229
8	Richard Impey							30		28	25	28		28		29	30		29		227	8	227
9	Gary Collings				25	22			19			26		23	26	26		26	27		220	9	220
10	Luke Borland	28					27			26	26		29			28	28				192	7	192
11	Nick Farley	26	20						28	24		30							29		157	6	157
12	Fabian Eason			28		26			22	13	29						29				147	6	147
13	Matthew Winton	20	11	19					17	1		24	25		24						141	8	141
14	Ron Van Heuvelen	16	16						16	7		16			12	22	19	17			141	9	141
15	Gareth Hutchinson		30			29	29			19			30								137	5	137
16	Martyn Craddock		8						15				24			23	21	18	24		133	7	133
17	Ollie Card			23		21			21			21		21							107	5	107
18	Tom Bell		10	24		17											23		25		99	5	99
19	Jeff Young	25								23		25							22		95	4	95
20	Jack Hutchinson	30		30															30		90	3	90
21	Ray Smith	22				27									22		16			1	88	4	88
22	Steve Ramsey	18				15							28				25				86	4	86
23	Kevin Ives	17			23	18	25														83	4	83
24	James Smith		21	26															28		75	3	75
25	Tom Fomistal			12						2					16	20	18				68	5	68
26	Mark Andrews		19	16		20				10											65	4	65
27	Simon Newman	17							18	9		20									64	4	64
28	Tom Roper		1		22				12	1		13					15				64	6	64
29	Fabrizio Ferioli			20						16								26			62	3	62
30	Martin Robards			15											23			24			62	3	62
31	Chris Le Beau		18							1				22			20				61	4	61
32	Sam Horscraft			17		13			14	12											56	4	56
33	Graham Jones		28						25												53	2	53
34	Joshua Rudd										27								26		53	2	53
35	Tom Webb		12			19				22											53	3	53
36	Aaron Pooley	24																	28		52	2	52
37	Trevor Jones		7							5					21		17				50	4	50
38	Damian Partridge											22	27								49	2	49
39	James Dopson			21													26				47	2	47
40	Michael Priest														15	18		14			47	3	47
41	Paul Swinnerton		3				26			3					14						46	4	46
42	Robert Ewen		25									19								1	45	2	45
43	Leslie Mayer		26	13						6											45	3	45
44	Adam Haverley														20				23	1	44	2	44
45	Dave Dunstall									18								24			42	2	42
46	David Hayes									1						21	20				42	3	42
47	Robert Tearle														19				21		40	2	40
48	Gary New		1												17	19				1	38	3	38
49	Phil Robinson		15														22				37	2	37
50	Simon Homer			14							22										36	2	36
51	Jay White																		35		35	1	35
52	Adam Bryant		4							8									22		34	3	34
53	Andrew Gorrie									4								30			34	2	34
54	Matt Clare		9						24												33	2	33
55	Dominic Hind					16												16			32	2	32
56	Kevin Tant								13	1					18						32	3	32
57	Ollie Sprague									29											29	1	29
58	Peter Fannon									1									26		27	2	27
59	Simon Wattam			25																	25	1	25
60	Steve Harman																	22			22	1	22
61	Stephen Marsden									20											20	1	20
62	Colin Browne		6							14											20	2	20
63	Martin Dallmer	19																			19	1	19
64	David Unsell									1							17				18	2	18
65	Joel Eaton											17									17	1	17
66	Martyn Cugley															16					16	1	16
67	Robert Gattoni											15									15	1	15
68	Adam Grand											14									14	1	14
69	Paul Willis																	13		1	14	1	14
70	Alex Dawson														13						13	1	13
71	Michael Veale		13																		13	1	13
72	Ali Batchelor		1	11																	12	2	12
73	Richard Allan									11											11	1	11
74	Gavin Wright																				5	1	5
75	Tom Batts		2																		2	1	2
76	David Bradshaw		1																		1	1	1
77	David Tye									1											1	1	1
78	Phil Baker									1											1	1	1
79	Richard Honeyman									1											1	1	1
80	Rob Plant									1											1	1	

Sussex Grand Prix

At the time of writing Seaford Striders are placed 4th in the overall standings, our best position for many a year. A strong result at Hellingly helped where we placed 3rd leapfrogging 2 other clubs. It's very tight though and we will need to score well at the last event to maintain our position. Crowborough 10K the last event is a race where we usually do very well. Leading the Mens is Gareth Hutchinson in 6th place. Katherine Simmonds is leading the Women's in 61st place.

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/>

Cardiff Half Marathon



Debbie Priest

Cardiff Half Marathon is now one of the 6 SuperHalf races which also includes Berlin, Prague, Copenhagen, Lisbon and Valencia. I have been lucky enough to have run Cardiff back in 2022 and it's such a great course, starting outside Cardiff Castle and taking runners through Cardiff Bay, Butetown and around Roath Park Lake. It's a busy race with around 29,000 places and approximately 24,000 runners completing the race this year.

Cardiff is the 2nd Super half race that myself and fellow Striders have completed. Shout out to Jill and Gary New, Lorraine and Martyn Quigley, Kay Crush and Jeanette Wells for achieving our goal. Kay and Jeanette also ran PBs at the half marathon distance and it was a course PB for me. The day before we ran Cardiff Parkrun at a relaxed pace but ended up doing over 30,000 steps which is not ideal. Luckily, we weren't too severely affected by Storm Amy on the Saturday and conditions on the Sunday were more or less perfect. Cardiff Half has a few cheeky hills and is arguably the hardest of the super 6, the worst hill being cruelly placed at mile 12. The crowd support was fantastic almost all the way around the course, which always gives runners a great boost. The medal was beautiful and is now one of the favourites in my collection.

Cardiff itself is a great place to visit and we all spent lots of money on merch at the expo, not that we had to pick up our bibs, these were posted out. We all stayed at the Premier inn close to Cardiff Central Station and the walk to the race start was literally 10 minutes if that, so very convenient and meant that there wasn't too much waiting around before the race

I think I speak for the others in recommending this half marathon as a good one to do and a great place to go for a mini break. Entry may now be via ballot (it wasn't when we signed up). This is probably due to its now being a SuperHalf. Next stop Lisbon in March for SuperHalf number 3 🥳🏆. Can't wait!



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 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	01:29:46	London	07/09/2025	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	01:22:27	Portsmouth	19/10/2025
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

Kevin Pryde nearly stole the show this month with a remarkable run at the Self Transcendence 24 Hour Track at Battersea, London. Beating the existing club records of 100KM and 100 Miles by some margin he went on to record 11:06:58 at 100KM and 21:10:10 at 100 Miles. Not to be outdone though was Graham Jones who has been targeting the V70 10 mile record for some time. He smashed his own record finally with a remarkable effort at the Great South Run, Portsmouth to record a time of 01:22:27. A special mention must also go to second claim member Ollie Sprague and whilst not eligible for a club record achieved an outstanding time of 02:29:50 at the Macedonia, Skopje Marathon the fastest marathon time ever recorded by a member of the club.

Gallery



Triathlon Championships

The European and Asia Triathlon Championships.

Rolando Hutchinson

Swim

The swim was meant to be 2.2 kilometres due to the current so they had increased it from 1.5 kilometres to compensate for the current, down the mighty Bosphorus Strait. It is the waterway that splits Istanbul, dividing the city and the country into its European and Asian parts. It is a natural strait that connects the Sea of Marmara to the Black Sea and is an internationally significant waterway and completely full of jellyfish.

On the morning of the race, the wind direction had changed to an uncommon direction now compensating for the current that would help us. It was a jump in start from a pontoon. I jump off the pontoon into a swarm of jellyfish once I surface I thought shit another triathlete surfaced and he had completely lost his goggles not good at all.

I put my head down and headed for the centre of the river where the so called current was meant to be at it strongest. Swimming along jellyfish bouncing off my face with light stinging. I got out to the middle of the river and I seemed to be all alone. A big group had stayed closer to the river banks. I persevered with my path.

Soon under the huge road bridge that seemed to take forever to get to and waving in the wind a huge Turkish flag. Once I got in line with the castle on the other side I knew I was close to the exit. By this time I had seen absolutely thousands of jellyfish pulled through them with my hands and face numb.

The exit I pulled myself out of the water and up the shoot heading to transition to get the cycle underway. The swim was nearly 2.5 kilometres with no helpful current whatsoever. Pace 1 minute 44sec per 100m.

Transition 1

Transition went ok. Helmet shoes on and onto bike after the mount line.



Bike - 40 kilometres.

It starts with a climb out to find the Faith Sultan Mehmet Bridge what a view on the bridge amazing heading out of Asia into Europe very strange.

The bike head down and pedal. I took on about a litre of water and one gel. The turn point was sometime after the bridge, on closed roads.

The surface of the road was good. Uturn and back over the bridge from Europe to Asia.

Near the end of the of the 40 kilometres there is a very fast down hill my favourite part bike topping out at 72.1 kph whizzing past other cautious cyclists. Bike average speed 32.5 kph.

Transition 2

Into transition two. Racked bike helmet off and running shoes hat and shades on.



Run - Three Loops

Running out of transition two with a caffeine gel in hand. Temperature has started to raise and starting to get hot. Felt good but took it easy on first loop just to see the course. One down, onto loop two still feeling ok. The nice thing about the course was you passed a castle three

times and lots of people watching and cheering go GB. Loop two started to over take people, took half the gel going into loop three and the on loop three took it all. Felt great started to pick up pace and running past lots of other runners. Pace 4minute 15 secs per kilometre.



Finish

Finish line in sight boom over we go.

Medal, food and a nice cool pool with other athletes.

Very happy with how it all went. **19th in my age group out of 53.**

Thanks if you stayed with the report.

Amsterdam Marathon

Ron Van Heuvelen

Where do I start? Why did I run my first marathon? I believe it was Katherine's idea [actually... I think it was Ralph's!].

Trying to enter the Amsterdam (AMS) Half Marathon, I was surprised it had sold out so quickly this year, which maybe because this year was the event's 50th anniversary year. So we entered, but I wasn't sure - 42 km and 195 meters (or 26.2 miles) I knew the route in Amsterdam and thought it was a nice workout. No regrets - thank you Ralph 🥰.

Many people running the marathon had very different goals. From top physical performance to a woman running in memory of Pamela who I met at 15 km Amstel canal point. And the amazing Ollie diving under 3.5 hours 🙌.

Katherine and I arrived on Thursday evening with the Eurostar for the first time, a journey I enjoyed. The following day, we picked up our race bib number at the RAI Conference Centre, which took less than 10 min. Saturday morning was a very different story, people were waiting for over 1 hour to get their numbers.

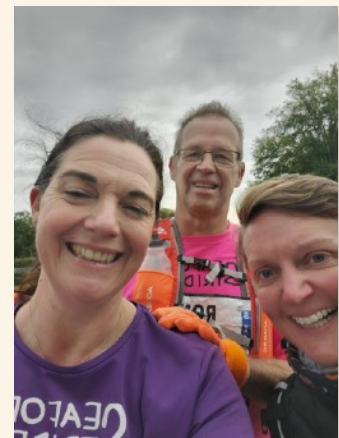
I am not sure if there was any connection, but after I picked up my race number (37163) I started to feel unwell and ended up in bed for 3 hours. Was my body telling me not to put that number on? With Katherine meeting up with other Striders after Amsterdamse parkrun, I asked, through her, if Erica would like to run as 'Ronica'. 'Absolutely not,' she answered (but very politely)!

Erica was in Amsterdam to support us all and what a fantastic job she did. 🙌❤️. I missed meeting up with all the other runners - Striders, together with half of Peacehaven Run Club - at Amsterdamse Bos parkrun on Saturday morning. That afternoon I had a gentle two kilometre stroll through the Jordaan (the district where Anne Frank lived) with Katherine and that was enough for the day. I felt I had no energy to continue. I estimated my battery charge was at less than 5 per cent.

I wasn't disappointed or annoyed - it is what it is. I could watch from my sister Sonja's flat, jump on her bike and follow Katherine and others. On Marathon day I woke up feeling much better. I couldn't believe it. I expected it to last 3-5 days as it normally does. Maybe you recover quicker when you reach 60? A nice perk if that is true.

I was super surprised. My next aim was to see if I could run 11km to Sonja's flat. When I was training in Seaford, my goal was to finish the marathon. Nothing else. We started off nice and slow at around 6.30-6.45 km pace (sorry miles people). I would normally feel very comfortable and do what I normally do, which is chat. This time I didn't, I let Katherine do all the talking. 🐼

The moment you aim for a specific time you are maybe more focused on the training methods. There are many plans with many different options. Overall, I didn't use a specific plan. I believed I had a good understanding and as it was my first time, I will see how it goes.



It can help when your other running buddies have done it before, but it can also confuse you. To aim for a specific time can also bring more pressure. Katherine asked me if I was nervous. No, not at all. I was here for the physical and mental challenge. I always told my tennis players in the past to embrace the training periods, even at tough times. If you deal with the training you can do it on the day. If you don't like long runs you maybe shouldn't do marathons.

This is what sports psychologists do, creating self positive storytelling at more challenging times.

Personally I wanted to enjoy it as much as I can. You hear a lot and your final decisions will be influenced by others - friends, books, lectures and your own experiences, like half marathons.

AMSTERDAM

The second part of my run - 11 km to 25 km - was going outside Amsterdam. You run down and back alongside the Amstel canal. As a nice surprise I spotted a famous multi gold Olympic speed skater supporting the runners in front of his gigantic waterside house. Ralph recognised his name - Sven Kramer, winner of 4 Olympic gold medals. Running back alongside the Amstel was the half way mark and the next phase is unknown if this is your first marathon.

I anticipated the wall, the moment where the body and mind are colliding with each other. I don't think I hit the wall hard. Somewhere around 27 km it became harder, much harder at 35 k. What didn't help either was the fact that segment 26 to 36 km was run in the east of Amsterdam, not the most inspiring area of the marathon. I didn't see any shooting or drug dealing, just some company buildings and a row of trees on the side of the roads while it's slightly climbing upwards.

Also the support is very minimal in the east of Amsterdam. The support inside the city itself was amazing and so helpful. *"Come on Ron not far to go, Ron beton, gaat lekker Ron"* Well done Katherine. At the 28th kilometre, the first half marathon runners were flying by. Amazing, I thought that could be Ollie next year 🤔.

The Amsterdam Half Marathon is run on the same day as the Marathon, starting in the afternoon. Katherine and I decided to run/walk the rest of the Marathon. In the early parts of the race, we saw a couple doing that from the beginning. And they ended up ahead of us - just a different way of approaching the marathon.

It's true that support and seeing the finish coming closer can change the way you feel. That last km was easier. Then you enter the Olympic Stadium and you cross the line and take your medal. I don't usually take medals, but this time I did. I am sure completing a marathon will sink in later. Some of my family members were very impressed.

I didn't think much about it and a week later, still see it as a longer run with overall nice scenery and support. You hear sports people thinking about the next thing when interviewed after the race and I am now thinking about Amsterdam Marathon 2026. But first, I will focus on the Hastings Half Marathon with the aim of finishing stronger - I've run it for the past three years and every year it's hard!

One thing I did find out about the Amsterdam Marathon is that, having the half and marathon taking place on the same day, means you can drop down from the marathon distance to the half. You just go into the same colour wave you were placed in for the marathon and run the half instead.

Overall we had great weather, a nice route with just 50 metres elevation and great support inside Amsterdam. The cut off time was 6 hours, although we spotted a few runners who still came through who had gone over that. There are also plenty of sightseeing opportunities for staying in Amsterdam for a couple of extra days and a very nice parkrun - Amsterdamse Bos.



My First Marathon



5 things I will never forget from my first marathon

Katherine Simmons

Having had a great time running the Amsterdam Half last year, myself and Ron went for a bigger challenge this year, tackling our first ever marathon in Amsterdam.

Here's some of the things that I learned:

- Check, check and double check the shoes you take... Because getting to Amsterdam and finding just one of my favourite recovery trainers in my suitcase wasn't much use. For anything.
- There were a few bits I missed... having had some great advice from Joel and other Striders on chafe balm sticks. I later discovered I'd missed a few bits in the shower. At least, from the stinging sensation, I know which other bits I need to swipe next. But for the rest... this works!
- The on course wee that was a PB! Being able to run into Ron's sister's flat, which is right on the course, was a true luxury! Clean, proper flush, nice hand soap - and a nice bit of cheerleading (for the run, not the bathroom break) too. We got a few laughs from other runners too when we rejoined the course...
- That the hardest part comes later. What's more tiring than running a marathon? Trying to get back after running a marathon. With the nearest Metro station closed on marathon day and me feeling barely able to walk (and missing my favourite recovery shoes - see point 1) fortunately it was Ron's sister, again, to the rescue. After a shower, sit down, dinner and putting on my Crocs, that cramping sensation disappeared and I felt just like a much stiffer version of my normal self.
- There's nothing like the presence of other Striders to make running a marathon (seem like) fun. Whether we were travelling, at parkrun, or at the race itself, there is absolutely nothing like spotting another Strider to give you a massive boost. It was fabulous to share the experience with Rick, Ralph, Darren, Ollie S and Steve S, as well as some of our neighbours at Peacehaven Run Club.

Last but not least, a massive shoutout to our super supporter Erica who travelled to Amsterdam to run parkrun and support the marathon runners. I gave her a very enthusiastic squeeze the first time she popped up during the Amstel river section and insisted on a selfie on the other side of the river. One of the greatest gifts from Striders is having your teammates cheer you on!

Running for 40 Years, Running for Good!



Seaford Striders at the Brighton Marathon.
Celebrating Our 40th Anniversary

This year's Brighton Marathon is a milestone for Seaford Striders. As we celebrate 40 years of running together, seven of our members are taking on the challenge of 26.2 miles – not just for the challenge, but for the causes that matters most to them.

From Alzheimer's to prostate cancer to bowel cancer to scoliosis support, and the Seaford Down Syndrome and special needs support group, each of us are running for something deeply personal and close to our hearts.

Together we are aiming to raise over £3500 across our chosen charities whether it's in honour of a loved one or a personal journey or a mission we believe in every mile we run is powered with by purpose

How You Can Support

They are running for change. For hope. For Change and we would love you to support them. Let's cheer them on as they represent Seaford Striders with pride – for our 40th year and for the incredible causes they champion!

Every mile they run is a step toward positive change. If you'd like to help them reach their fundraising goals, click the links below for all details.

Our Charity Runners:

Jeanette Wells – Running for Bowel Cancer UK – For her mum

Donate here: [Jeanette Wells is fundraising for Bowel Cancer UK](#)



Kay Crush – Running for Bowel Cancer UK – In Memory of her sister Fliss

Donate here: [Kay Crush is fundraising for Bowel Cancer UK](#)



Olivia Harman – Running for Scoliosis Support and Research - The charity is something that means a lot to Olivia, as she has Scoliosis

Donate here: [Olivia Harman is fundraising for Scoliosis Support and Research](#)



Natasha Hickin – Running for Alzheimer Society -For personal and professional reasons

Donate here: [Alzheimer's Society: Tash runs a marathon.. eek!!!](#)



Lindsay Tearle – Running for Prostate Cancer UK – For Aaron Horner and the 1 in 8 men

Donate here: [Lindsay Tearle is fundraising for PROSTATE CANCER UK](#)



Justine Ridgway – Running for Prostate Cancer UK – For Aaron Horner and the 1 in 8 men

Donate here: [Justine Ridgway is fundraising for PROSTATE CANCER UK](#)



Kevin Tant – Running for The Seaford Down Syndrome and Special Needs support group. – For his son and as a trustee.

Donate here: [I'll be running the Brighton Marathon 12/04/2026 - a Charities crowdfunding project in Seaford by Kevin Tant](#)



Justine's Half Ironman Journey

From Eastbourne to Erkner – September 14 2025

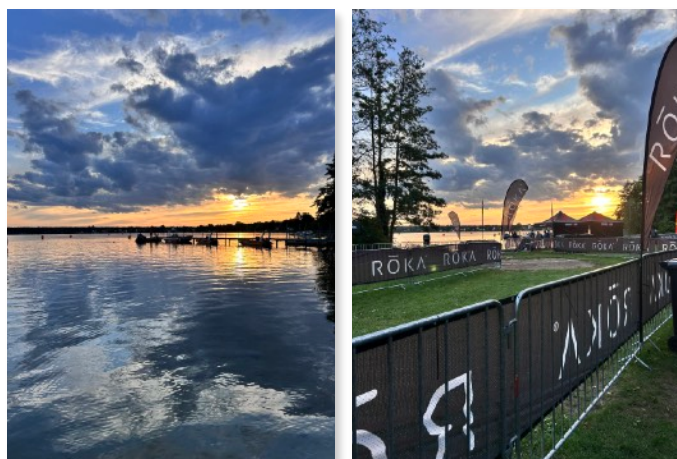
Justine Ridgway

What do you get when you mix a European road trip, a lake swim, relentless rain and 6+ hours of racing? One unforgettable IRONMAN 70.3 experience. Here's how it all unfolded, from Müggelheim sunsets to the red carpet finish line.

🚗 The Road to Berlin

We travelled from Eastbourne in our electric car, turning race prep into a mini adventure. After an overnight stop in Eindhoven, we charged up in Hanover before cruising into Erkner, just outside Berlin.

We stayed in Müggelheim, a peaceful village surrounded by forest and lakes. The day before the race, we jumped on our bikes and rode through the woods to collect our race numbers. It was the perfect way to loosen up and soak in the atmosphere.



Müggelheim gave us calm before the storm, perfect pre race vibes.

🏊 Swim – 43:14

The lake was cool and calm, but the energy was electric. I found my rhythm early, sighting well and staying steady through the churn. I even managed to swim past my husband (the only segment I beat him on, small victories!). With a pace of 2:15/100m, I exited the water feeling strong.

👣 Transition 1 – 8:15

Not my slickest moment! Wrestling off the wetsuit, drying my feet and coaxing damp socks onto reluctant toes took longer than planned. But comfort counts when you've got 90 km ahead.

🚴 Bike – 3:02:34

Flat, fast and relentless. No hills to coast, just constant peddling. I locked into a steady pace and stuck to my nutrition plan, ticking off kilometres while silently begging the rain to ease up. Two laps of the course flew by and with an average speed of 29.12 km/h, I hit my goal and then some.

Bike Goals:

- ✓ Finish in 3 hours
- ✓ Collect 2 new IRONMAN drink bottles
- ✓ Eat all my fuel: mini malt loaves, gels and carb drinks kept me going



My race machine, ready to roll.

👟 Transition 2 – 12:13

The sun finally peeked through. I swapped soggy socks for dry ones, changed shoes, grabbed a bite, and set off with cautious optimism.

🏃 Run – 2:29:50

Four laps, rising heat, and legs that felt like they'd been borrowed from someone much older. I broke the run into 5K chunks, leaned into my training, and kept moving forward. At 7:06/km, it wasn't my fastest half marathon but it was absolutely the most meaningful.

The crowd support was phenomenal, cheers, music and high fives that lifted me through every lap. 📣



Final stretch, cheered all the way to the line.



That moment, 6 hours, 36 minutes and every second worth it.

🕒 Finish Time – 6:36:10

Crossing that finish line was pure elation. Medal around my neck, husband waiting with a proud grin and a sense of achievement that still hasn't worn off. I couldn't be prouder of the mental strength it took to push through every moment.

Reflections

This race wasn't just about endurance. It was a celebration of preparation, resilience and community. I'd absolutely do another one. Maybe even a full IRONMAN one day (gulp).

If anyone's curious about triathlon life, gear, training, spreadsheets, or how to survive a 6+ hour race, I'm happy to share. And yes, the medal is real. So is the post race pizza. And the wine 🍷

Volunteer at Mince Pie Ten



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 rerun dates just for Striders.

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*



Ironman Emilia-Romagna

Race Report for the second full Ironman 2025. Ironman Emilia-Romagna

Rolando Hutchinson



Sea Swim on a beautiful morning. Very light winds and the sea nice a calm. the build up was amazing 3,000 starters line up waiting. Clapping cheering and the music playing. What is your why? anything is possible. I was feeling great and so so ready. I lined up to the start gate and then boom running down the sandy beach hitting the water at speed, dive in and swim swim hundreds of swimmers everywhere. I get settled into the 3.8 kilometres. Its about 1 kilometre directly out to the first turn buoy and that's the first fight to get round as swimmers cut in from everywhere. the back stretch seem to take for ever but I was swimming well and felt very comfortable, another turn point and another fight. now head back towards the shore before another turn and the push home. I pulled myself up onto the beach and started running the very long transition to get cycling equipment on.

Swim time 1hour 13mins.

Transition One.

The transition is known to be very long its about half a kilometre. So rub of the sand on my feet, wetsuit off helmet on a quick pee stop and then run the long way to the bike. Grab the bike run out of transition and get to the mount line.

The Bike 180 kilometres in two laps.

Get my heart rate back to some kind of normality take on some fuel and settle in to a very long bike ride. I was flying along at about 33 to 34 kph. Knowing the first fuel station is about 60 kilometres in before the big climb I hope I would manage my water. I went to take some water on and my bike integrated water system had kindly dumped the lot. Dam..... I had liquid fuel in a separate bottle but now no water. I drank the fuel to make way for a water bottle on the first

handout feed station. not ideal but have to adapt. Got to the first fuel station passed through, dump bottle and picked up water. About 10 kilometres on hit the big climb, now starting to feel the heat building on the climb. Chatted to a few people on the climb up and over the top and the fast down hill with very limit brakes due to damage to bike. Onto the second loop and the sun was beating down and water needed every feed station grab a bottle pouring it over my head and legs to try and cool down. Back up the big climb and seeing an ambulance flying by only to see three cyclist crash and smashed up. I made it safely back to transition in a time of 5hours and 42minutes. Garmin read top temperature 36c.

Transition Two.

As stated before its long. Racked the bike and ran off to the loo, quick stop and changed into my run gear.

The Marathon.

Feeling good going into the run feeling like this will be great. Now take it steady, trying to reduce speed to stay about 6minute kilometres that would give me a 4 hour marathon time. Its four loops, so just over 10k loop per loop. My strategy was to take water from every feed station. The feed station are about 2k apart so this seem to be a good idea. First lap down and all good on target, second loop seeing some people walking and being sick and feeling their pain. Got nearly round the second lap and stomach not feeling good, feeling like I have to much liquid. So the best thing to do is slow down and in the end started to walk. Feeling very sick now but knowing it will pass. Saw a public bin at the side of the road and that was calling me, retching with my head in the bin while supports watching. started walking and trying to put little runs in. the third loop was the worse. Forth loop started more running recover run some and the last few kilometres I was picking up pace, passing lots of people having the same struggles. Now on the home straight I was flying so so happy. Pushing now for a less of a target of sub 12 hours. I was flying down the red carpet to the finished line both arms out and getting high fives everywhere cheers and the famous

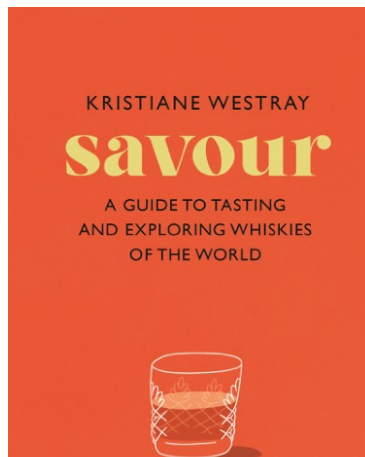
'ROLANDO HUTCHINSON YOU ARE AN IRONMAN'.

Marathon time 4hours 36 mis.

Total Ironman Time 11 hours 51minutes.

savour

Seaford Strider Kristiane Westray has had quite a year. Not only did she win the coveted Strider place in this year's London Marathon ballot and proudly cross the finish line in Striders colours, but she's also published her debut book, *Savour*. A respected whisky writer, Kristiane recently appeared on Channel 4's Sunday Brunch to talk about the book and her passion for the stories and craft behind great whisky.



"I'm so delighted that Savour has been released this October, published by Bloomsbury! It's a flavour-first book that positions whisky alongside other delicious drinks like natural wine, craft beer and coffee. It strips out the assumed knowledge and gatekeeping that we so often find in whisky publishing so that literally anyone who wants to explore the spirit feels welcome. Whisky is for everyone - and Savour really shows that."

"It's wild to me that this is the first mainstream whisky book written by a woman to be published in the UK. Whisky is slowly becoming more inclusive and equitable, and I hope that Savour helps to carve out more space for more genuine diversity, whether that's in terms of gender, age, class, or anything else. Also - Highballs are delicious, and more people need to know that!" Krist

KRISTIANE WESTRAY

Whisky writer | educator | consultant

kristianewestray.com

Tel: +44 (0) 7533 181420

Instagram: [@kristianewestray](https://www.instagram.com/kristianewestray)

LinkedIn: [/kristianewestray](https://www.linkedin.com/company/kristianewestray)

[My pronouns are she/her/hers](#)



SAVOUR IS OUT NOW!

Published 9 Oct 2025 by Bloomsbury

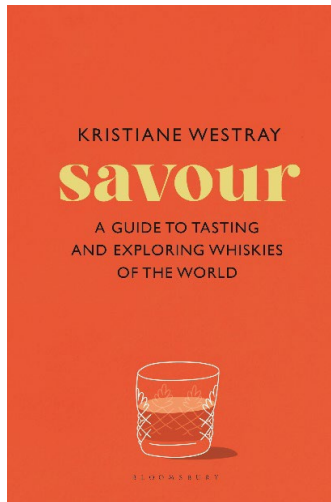
Kristiane Sherry Ltd

Company Number 15489067 registered in England and Wales

Registered Office: 2 Western Street, Barnsley, Yorkshire, United

Kingdom, S70 2BP

VAT number: GB466868920



Savour

A guide to tasting and exploring whiskies of the world

Kristiane Westray

9th October 2025

Bloomsbury Publishing | Hardback | £12.99

'Kristiane distills her decade of whisky expertise into writing so easy to read it feels like having a chat with a pal at the pub: funny, inviting, encouraging.' – Abbie Moulton

...

*Do you want to know how to really taste whisky? Do you know the difference between whisky and whiskey? Are you curious when it comes to flavour?
Then this is the book for you.*

Savour is a modern guide to one of the world's most flavour-forward drinks: whisky. Gone are the days of the drink being only for a narrow group of people. Whether you're a whisky lover who wants to deepen their knowledge further or are new to it and don't know where to begin, Kristiane Westray will take you on an immersive and inclusive expedition through the spirit.

Complete with a really practical guide on how to taste whisky (disclaimer: you will have to drink a lot of it), how to build a capsule collection and a handy flow chart to work out what flavours align best with your palate, *Savour* is an incredibly useful compendium of modern makers, whisky bars, distilleries, bottle shops and communities from around the world. Whether from Australia, Finland, Mexico, South Africa, Japan or Scotland, this is a book for the curious and flavour-lovers amongst us.



Kristiane Westray fell in love with whisky in 2012 and hasn't stopped writing or talking about it since. A writer, educator, judge, consultant and presenter with a fascination with flavour, she's a multidisciplinary communicator with a modern approach to spirits storytelling. Her work has appeared in *Whisky Magazine*, *The Malt Whisky Yearbook*, *Club Oenologique*, *The Cocktail Lovers* and many more. As a judge in the UK and US, she's tasted thousands of whiskies from around the world. A passionate advocate for equity in whisky, her work on social media drives education and inclusivity, guided by the approach that whisky is for everyone.

[@kristianewestray](#)

For interview and feature requests please contact: Brittani.davies@bloomsbury.com

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 15 December



Contact Jo and Ray

newsletter@seafordstriders.org.uk

Last issue's
word search
answers

Did you find
them all?



Note : Thirst was
spelt wrong

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
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