

SEAFORD STRIDERS NEWSLETTER



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Running in Winter

In the style of John F Kennedy

We choose to run in the winter. We choose to run in the winter not because it is easy but because it is hard, because that challenge will serve to organise and measure the best of our energies and skills, because it is a challenge we are willing to accept, one we are unwilling to postpone and one which we intend to win. The cold will bite and the wind will resist us, but it is precisely in that resistance that purpose is found. For in mastering the frozen road and the reluctant morning, we prove not only the strength of our legs, but the reach of our resolve and that no season, however harsh, can stand against the human will set firmly in motion.





Victoria
runs the place

40
YEARS
SEAFORD STRIDERS



I'm proud to be a Strider!

I hear these words said by so many of you. It's so good to be part of our vibrant, encouraging and inclusive running community that is Seaford Striders Running Club. Our running family! We support each other when things get difficult whether it is running related or part of everyday life. So many of us have had our lives transformed by being part of Striders.

At this time of year lots of us are busy filling our calendars with running events.

If you've not done it before then join us at as many Sussex Grand Prix events as you can. Wear your Striders shirt (more on this at the AGM) with pride while representing Striders in friendly rivalry with other Sussex clubs. The events are listed in this newsletter.

We also have our Club Grand Prix which includes events suitable for all senior members with distances from 5k up to marathon. If you're not able to part then why not turn out to support your fellow Striders. The full list of events is also included in the newsletter.

Our juniors are also treated to special events during the year and are welcome to be part of our Solstice and Equinox events. It has been great to see lots of juniors taking part in the Seaford Cross Country event amongst others.

Please support all those who give up their time to be part of our committee by attending the **AGM on 10th February which starts at 19:00** (open to all senior members). After the formal part the meeting the Rugby Club bar will be open and at 20:30 there will be a demonstration of how to use a defibrillator or carry out CPR – life-saving skills that hopefully you will never need to use, but if you do then this might boost your confidence. This demonstration is being provided free of charge courtesy of the Sussex Heart Charity which was one of our previous supported charities.

This is a special year for Striders being our 40th anniversary year and the first time we have had over 400 members. Thank you for making our club so special!

Awards Night

WNS Group Awards



Poverty Bottom: Austin Warren



Splash Point Steve Ramsey



Friston Forest Andy Gorrie



Seafront: Trevor Jones



Bo Peep: David Linsell



High & Over: Gill Morgan

Ultra Award

To one man and one woman who have excelled at Ultra distances.

Special mention to James Dopson & Russ Davis

"Great effort in the Alps"

"I believe has done several ultras, the SDW 50, the backyard ultra and the one in the alps? He continues to amaze."

"what an amazing runner, he is such an inspiration, most striders could only dream of completing an ultra.. He is such a down to earth friendly person too and a great source of knowledge for all things running related"

"entered Winter on the Downs, Hibernal Hills, Longbridge Backyard, Swiss Alps and Beachy Head Ultra. Awesome Ultra runner and true inspiration."

"continues to complete these monstrous events regularly."



Winner: Bryony Clarke



Winner: Joel Eaton

Awards Night

Marathon Award

To one man and one woman who have stood out at this distance.

Special mention to Austin Warren & Katherine Simmons

"Hugely disciplined dedicated effort to record a fantastic time. Never missed a beat with the training regime"

"for achieving a fantastic time at Brighton Marathon this year"

"For running her first marathon being London and then completing Beachy head marathon."

"2 marathons in one year amazing achievement"

"awesome runner and my personal hero. Overcoming a truly devastating year to achieve a great London marathon"

"For being such an inspirational runner"



Winner: James Marron



Winner: Sue Curtis

Half Marathon Award

To one man and one woman who have stood out at this distance

Special mention to Sam Alvarez & Fabian Eason

"for continuing to run faster and faster at every half marathon amazing PBs this year"

"keeps excelling in all the running events she does. This year she started with a Half Marathon PB in Berlin, and then lowered that PB at Cardiff. It's also obvious to see that she just loves running."

"Woke up this year and decided to run fast. Knocked 38 minutes of her PB. PB at everything else as well. Probably the proudest smiley person in the club."

"new V70 record"

"is a wonder. He is smashing club age records left and right! And he continues to win his age category at nearly every event he runs. His 1:52 Half Marathon club record at Paddock Wood was incredible"



Winner: Kay Crush



Winner: Graham Jones

Awards Night

10k Award

To one man and one woman who have stood out at this distance.

Special mention to Michael Priest & Tracy Pragnell

"for smashing under the hour 10k with such determination"

"her progress has been amazing this year, one example of which has been achieving a fantastic time at the incredibly tough inaugural Peacehaven Trail 10k, and finishing first female Strider."

"A super fast runner and all round nice guy, he took the top spot at Beachy Head 10k this year first Strider at Hellingly and Beachy Head"



Winner: Josh Nisbett



Winner: Simone Amis

Tom Roper 5k Award

To one of this year's Couch to 5k graduates.

"She stormed through c25k and has become an integral part of Striders, really embracing our not just running but also having fun"



Winner: Amanda McGowan
(Tom Roper pictured)

Track Award

To one man and one woman who have excelled at Track



Winner: Dominic Hind



Winner: Katie Mayo

Awards Night

Cross Country Awards

(new in 2025)



XC Performance: Lizzy Miles



Commitment to XC:
Jeanette Wells & Jeff Young

Triathlon Award

To one man and one woman who have stood out at this distance..

"for her first half Ironman and Eastbourne Triathlon - Standard Triathlon her enthusiasm is infectious and she has done amazingly"

"has achieved an amazing accomplishment by completing a half ironman distance event. It takes so much discipline to train for events like this. Huge kudos."

"A gritty runner"



Winner: Justine Ridgway

"for representing GB in the Emilia-Rogmagna Italy Ironman, and Eastbourne Triathlon and Hever Castle Triathlon Olympic"

"Competing for his country and suffering in his two full Ironmans this year. Confident in his chosen discipline. The GOAT."



Winner: Rolando Hutchinson (not present)

Awards Night

Club Grand Prix

To 1st, 2nd & 3rd men and women in the Club Grand Prix.



Men: 1st Josh Nisbett

2nd Richard Impey

3rd James Marron



Women: 1st Sam Alvarez

2nd Katherine Simmons

3rd Kate Lewis

Newcomer Award

To one man and one woman who have become, in their first full year, a good addition to the Club and has had a positive effect on the Club.

“runs with Seafronters/Friston, enters all the Grand Prix events, attends track, pushes himself, even entering Beachy Head Marathon. He is a quiet guy but a thoroughly lovely human, attending the socials and is a great quiz team member.”

“Immediately became an active and strong contributor in races such as Brighton Half and Martello Half. He is a supportive, well loved, fun member of the club who goes to WNS, track and CGP races.”

“he is a quiet and unassuming runner, very well liked amongst fellow striders and has achieved so much this year, including completing Beachy Head Marathon.”

“joined Striders with a bang and many don't realise she is a new member as she is so prolific. Moving up to WNS groups and attending track every week, high up on the Club grand prix and SGP and attends every social event in the calendar. So proud of her Bexhill Half marathon even though she made it look easy”

“what an amazing runner she has become since joining, progressing up the groups all the way to Friston Forest group (so far). She is humble about her achievements and is a great addition to the club, she has made lots of strider friends in a short space of time.”



Winner: Tom Forristal



Winner: Kate Lewis

Awards Night

Dragonfly Award

To one man and one woman who have supported the Club by marshalling at running events or helping in the background for the Club.

"newsletter, SOCO, results, photographer, ultra supporter and all-round cheerleader, out of action but at all the events"

"For keeping teams organised for relays and marshalling Beachy head"

"Doing so much to support Striders whilst juggling her mummy duties for Phoenix"



Winner: Amanda Feast



Winner: Ray Smith

Club Captain's Award

To one man and one woman chosen by our Club Captains.

"this lady totally deserves an award this year!!! She has literally been Crushing her PBs this year and the Cardiff Half Marathon was no exception. Not only did she score a massive PB in the Half, but her 5ks and 10 mile PBs have also been falling like dominos. She has toppled them all through hard work and determination. She's not just a great runner and role model, but a real team player, ensuring our XC runs are celebrated with a coffee and cake after. She has also used her amazing persuasion skills to both inspire (and bring together, through the medium of pasta!), a formidable team of Striders to run Brighton Marathon 2026. And she's a great Club Secretary too!!!"

"always kind and thoughtful. Always puts others before himself. Genuinely all round nice guy."

"supportive and kind, always helping others, does Juniors, ran everyday in October with Kat for MIND and is now running with Sam. A really genuine guy who truly cares about people."

"running every morning at 6am for weeks on end. Raising money for MIND. Getting us Striders out of bed at 6am. And for being so kind and selfless".



Winner: Kay Crush



Winner: Matt Winton

Awards Night

Steve Rowland Award

To the person who has given the Club a lot of time and effort during the year.

"One of the most enjoyable chilled runners I know. He has led the Social team in making this year one of the best years ever for the Striders social calendar! He truly epitomises the "We don't just run, we have fun". In every run or event, he does it with a smile on his face, and he is always so supportive of every other Strider. An absolute joy!"

"He has spearheaded the social committee which has absolutely excelled this year – the best year of social events since I joined the Striders. The effort that has been put in with coming up with, and putting on so many new and interesting events this year, all at the same time with working/teaching and ultra-running is amazing and inspiring. Can't thank him enough for what he does for this club.



Winner: Adam Haverly

"for all she has done this year to make track night such a success"



Winner: Anneka Redley-Cook

Bill Young's Memorial Award

To one man and one woman who regularly runs for the Club but never wins.

Special mention to Sandra Standen & Martyn Craddock

"great time at the Big Half with barely any training and a few beers and lots of cheese the night before!"

"For running various Club Grand Prix events and half marathons"

"Regularly leads for WNS in his confident but unassuming style"

"C25K, Social, Lirf, and looking after Sandra. The best year for her running as well. Rockstar haircut."

"For helping me and others out with the Lirf process."

"Runs so many events, the club Grand prix, 10ks, half marathons etc and is so encouraging of others, organising Sunday socials, soco, lirf and all round rock star."

"Wonder woman. She leads High and Over once a month, prolific helper at couch to 5k, was a Lirf coordinator, member of Soco and alongside Kay Crush, persuaded over 40 people to sign up for Brighton Marathon as part of the 40th anniversary celebrations. She organises social runs on a regular basis and is a well loved popular member of the club as well as looking like a rock star."



Winner: Russell Hewlett



Winner: Jeanette Wells

Awards Night

Special Commendation

To recognise aspects of success not covered by other awards.

"You couldn't find a more supportive running buddy, quiet but calm and encouraging. Happy to support whilst she is also making superb achievements."



Winner: Hazel Tarrant

"Has really stepped up in both his running at home and abroad and leading track sessions whilst also finding time to perfect his cycling skills"



Winner: Gareth Hutchinson

"for some brilliant Duathlon performances and for being such a supportive Strider to her team mates - in the summer relays and even travelling to Amsterdam to cheer"



Winner: Erica Martin

"did Run to the Sea 50k this year in an impressive time. But the reason I nominate her is for her participation in crewing several Striders in other Ultramarathons. I can speak from experience that having a crew is so great to have during an ultra – not only for logistical help, but for the motivation and mental help when the going gets really tough – and she is ace at that. I consider crewing just as challenging as running the ultra – so I think she is well deserving of this award. She truly has embraced the ultrarunning community."

"crewed for Bryony at the Swiss 100, driving along narrow mountain roads. She crewed for Ralph at Longbridge and alongside her sidekick son James, marshalled the mince pie as well as handing out the medals. She is always at the Beachy Waterstation again with James and who can forget the sunrise crew runs for Mind alongside Matt Winton which has since been continued by Sam Alvarez"



Winner: Kat Warren

Want more pictures of the awards night?

Click here

<https://www.flickr.com/photos/raysfotos/albums/72177720331404518>

Now for a very serious moment! Quiet please...

"This is a one-off award for a special person who does so much for Striders. It is the Strider Shoe Award which goes to someone who turned out to do a very muddy cross country with only one trail shoe! She ran it in one trail shoe and one road shoe, creating a record in the process (slowest ever time for the route). It couldn't go to a nicer person!"



Winner: Jo Robinson

Awards Night

Striders' Strider Award

To the individual or individuals receiving the highest number of votes from a club wide vote.

Nominations: Aaron Horner, Adam Haverly, Amanda Feast, Anneka Redley-Cook, Dave Dunstall, Emily Danvers, Hazel Tarrant, Jeanette Wells, Jo Robinson, Josh Nisbett, Julie Taylor, Katherine Simmons, Kat Warren, Kay Crush, Lauren Stallard, Matt Winton, Melissa Luckin, Nick Farley, Ralph Jennings, Ray Smith, Ron van Heuvelen, Sam Alvarez, Sandra Standen, Sarah McDermott, Steve Ramsey, Tom Forristal

"always kind and thoughtful. Always puts others before himself. Genuinely all round nice guy. supportive and kind, always helping others, does Juniors, ran everyday in October with Kat for MIND and is now running with Sam. A really genuine guy who truly cares about people.

running every morning at 6am for weeks on end. Raising money for MIND. Getting us Striders out of bed at 6am. And for being so kind and selfless"

Winner: Matt Winton

"has done so much for the club this year. As well as being the club treasurer he's rearranged our WhatsApp for the better, supported the latest cohort of Lirfs to pass their training, leads WNS groups and organised another great Fantasy League competition. And he regularly turns up to support others when he's not running. He does all of this without fanfare... although surely, Super Strider that he is, he totally deserves one!!"

"for always being a great support to fellow striders and when unable to run himself, for being present at events to cheer runners on and take photos"



Winner: Matt Winton



Winner: Ralph Jennings

The awards concluded on a high note with cheques being presented to this year's chosen charities.



Rockinghorse Children's Charity



St Wilfred's Hospice



St Wilfrid's Hospice

22 January 2026

Dear Seaford Striders,

Thank you for your very generous gift of £3094.07, which will help more people to live well until the end of their lives.

At a time when the cost of our care is higher than our income, your generosity is more important than ever. It means that our expert teams can continue to support the physical, emotional, psychological, spiritual and practical needs of patients and their families and carers. And it provides nursing and medical care, social support, 24/7 telephone advice and pre- and post-bereavement support for around 2,300 people a year. Thank you.

Your kindness means that people like Chris can be supported to live well at the end of their life. "Going to different hospice therapy groups helps with my general wellbeing," he said. "It's not about getting better, it's about keeping going the best I can while I can and making the most of my time left by keeping as fit as I can. The people who run the Living Well Drop-In group are pure gold and make us feel we are not alone."

You can find out more about ways to get involved, and keep up to date with the work we do, by visiting our website at www.stwhospice.org or following us on Facebook, Instagram and LinkedIn. We would be more than happy to come and give you a talk to your group or we would love to offer you a tour of the hospice if you might be interested.

Many thanks again for your support, it is greatly appreciated.

With every good wish,

Kayleigh Tippett

Community Fundraiser

01323 434224

kayleigh.tippett@stwhospice.org

St Wilfrid's Hospice is committed to being fair, open, honest and transparent in relation to the collection, processing and sharing of your personal data – in full accordance with the General Data Protection Regulation 26587

Compassionate Professional Progressive Respectful

President Her Majesty The Queen

Registered Office St Wilfrid's Hospice, 1 Broadwater Way, Eastbourne, East Sussex, BN22 9PZ

Registered Company limited by guarantee in England and Wales No: 1594410 VAT number: GB 322 9910 05

Reg Charity No: 283686

01323 434200 | hospice@stwhospice.org | stwhospice.org



St Wilfrid's Hospice

With grateful thanks to
Seaford Striders

For raising the wonderful total of

£3094.07

From recent fundraising events

Signed

P. Russell

Pam Russell - Development Director

All funds raised will go to St Wilfrid's Hospice, a local charity providing skilled and compassionate care and treatment for *all* patients and their families with complex needs as they near the end of life.

Registered Charity No. 283686

Recent Results

Rathfinny 10.7K	28/12/2025	Newhaven 10K	18/01/2026
2 Paul Willis	00:44:34	2 Ollie Sprague	00:34:28
7 Fabian Eason	00:47:01	83 Kevin Potter	00:50:27
12 Sam Alvarez	00:50:17	102 Darren Wymer	00:52:57
13 James Dopson	00:50:33	129 Katy Mayo	00:55:59
14 Russell Hewlett	00:50:50	178 Kathryn Donkin	01:01:53
25 Emily Danvers	00:54:10		
29 Matt Winton	00:56:09	Brighten 10 Mile	18/01/2026
30 Martyn Craddock	00:56:46	301 Steven Teale	01:27:25
42 Raymond Smith	01:02:26	355 Charis Crudgington	01:29:19
45 Lisa Parkinson	01:03:55	351 David Hayes	01:29:37
47 David Hayes	01:04:49	352 Emma Godden	01:29:37
50 Kat Simmons	01:08:20	493 Kat Chamberlain	01:37:17
55 Lucinda Dopson	01:09:55	633 Debbie Priest	01:46:49
		659 Tracy Pagnell	01:48:26
Winter X 50K	28/12/2025		
55 Steve Green	08:21:16	Brighten 10K	18/01/2026
Victoria park Half Marathon	04/01/2026	392 Michael Priest	01:02:36
197 Darren Wymer	01:53:14	South Downs Winter Trail Marathon	18/01/2026
Khao Yai Half, Cambodia Marathon	10/01/2026	86 Steve Green	06:15:19
79 Dave Dunstall	01:34:43	Ashdown Forest 10 Mile	24/01/2026
Stubbington 10K	11/01/2026	25 Richard Preece	01:30:01
759 Jez Field	00:49:48	22 Ollie Card	01:28:39
Sussex Masters XC Lancing	17/01/2026	59 Amy Fearn	01:43:01
13 Phill Stevenson(Lewes AC)	00:29:34	84 Kathryn Donkin	01:59:47
		Siem Reap/Angkor Wat 32K	24/01/2026
		3 Dave Dunstall	02:42:31

Do you know this man?

This delightfully bizarre photo was taken by an Eastbourne Rover whilst on holiday in the Caribbean and was sent to club Strider member Matt Winton. Naturally my mind jumped straight to our Barbados based membership secretary Leanne. The only logical explanations were:

She's dating him and lending out her wardrobe.
 She's been mugged, but only for club merchandise.
 She's running an underground side hustle supplying locals with Striders tops.

"Absolutely nothing to do with me," she insisted. And to be fair, the photo later turned out to have been taken in Saint Martin not Barbados so she narrowly escaped an international fashion scandal.

Strong outfit overall... but sandals with socks? Crimes have been committed. 😊



Club Grand Prix

The Seaford Striders Club Grand Prix is a year long competition open to all senior members regardless of speed or ability.

Competition Rules

There are a total of 25 events to choose from. There is no requirement to do them all, as you only score points in your best 10 races. The number of races has gone up from last year to hopefully make it easier for participants to reach the 10 race mark.

There are separate male and female competitions with awards for 1st, 2nd and 3rd places to be presented at the next Striders Awards Evening.

The winners of each race get 30 points, 2nd 29, and so on down to 30th position who gets 1 point. If there are more than 30 finishers, 31st and beyond all score 1 point each.

In those 3rd party races where chip timing is available, this will be used for CGP scoring rather than finishing position or gun time.

Nine age graded events have been included to give the older runners a chance of competing with the presumably speedier youngsters. The age gradings will be obtained from the Parkrun website (Dream Mile age grading to be supplied by track night team).

The second Seaford Parkrun will be scored using the naked run system. This entails running to 'feel' without using any wearable tech to monitor your pace or time. Your estimated 5k completion time is submitted beforehand and scoring is based on who comes closest to their prediction, finish times again from the Parkrun website.

In the event of tied scores at the end of the year, the following tiebreaker will apply - who won most head-to-head races, and if this is equal, who got the highest score in those races.

Bonus Points

SUMMER SOLSTICE RUN – Those who volunteer at the Summer Solstice instead of racing get 1 bonus point which is independent of the race and in addition to their 10 best scores.

HAYWARDS HEATH 10 – To reward those doing the full Mid Sussex Marathon, 1 bonus point for also doing the East Grinstead or Burgess Hill races and 3 bonus points for doing all three.

BEACHY HEAD MARATHON WEEKEND – All four races count and are scored separately. To reward those running both days (half marathon on Sunday, 10k/Full/Ultra on Saturday) there will be 2 bonus points for doing the Half plus 10k (bonus points added to best score out of the two), 4 for the Half plus Full Marathon, and 5 for the Half plus Ultra Marathon.

PARKRUNS (NEW) – To incentivise all runners, particularly those who find themselves disadvantaged by age grading, the following bonus points will be available for each Parkrun CGP event; 1 bonus point for getting a course PB (runner will have to have done the Parkrun in question at least once beforehand), another bonus point for an all-time Parkrun PB plus a bonus point for each year since the last all-time PB as measured by calendar year. So, if your last overall Parkrun PB was some years ago, you can be in for a hefty one-time bonus if you beat it, if it was this year you'll only get two points (an all-time PB will by default also be a course PB). The records used to work this out are the runner stats freely available on the Parkrun website.

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.

2026 Club Grand Prix Races

No	Event	Date	Type	Notes
1	Whitbread Hollow XC	8 February 2026	Fastest Time	ESSCCL
2	Brighton Half Marathon	1 March 2026	Fastest Time	General Entry Sold Out
3	Hastings Half Marathon	22 March 2026	Fastest Time	SGP
4	Brighton Marathon	12 April 2026	Fastest Time	40 for 40 event (sold out)
5	Martello Half Marathon	19 April 2026	Fastest Time	
6	Dream Mile	27 April 2026	Age Grading	Monday Night Track Lewes
7	Haywards Heath 10 Mile	1 May 2026	Fastest Time	SGP and Mid Sussex Marathon
8	Seaford Beach Parkrun	16 May 2026	Age Grading	
9	Downs Link Parkrun	23 May 2026	Age Grading	
10	Heathfield 10K	14 June 2026	Fastest Time	SGP
11	Summer Solstice Run	Mid June	Fastest Time	Seaford Striders Event
12	Peacehaven 10k	28 June 2026	Fastest Time	
13	Bewl 15 mile	5 July 2026	Fastest Time	SGP
14	Malling Rec Parkrun	11 July 2026	Age Grading	
15	Brighton and Hove Parkrun	18 July 2026	Age Grading	
16	Preston Park Parkrun	30 August 2026	Age Grading	
17	Hellingly 10K	13 September 2026	Fastest Time	SGP
18	Bevendean Parkeun	19 September 2026	Age Grading	
19	Eastbourne Parkrun	26 September 2026	Age Grading	
20	Seaford Beach Parkrun	10 October 2026	Naked Run	
21	Peacehaven Parkrun	17 October 2026	Age Grading	
22	Beachy Head Marathon Weekend	24-25 October 2026	Fastest Time	Double Header (see below)
23	Crowborough 10K	1 November 2026	Fastest Time	SGP
24	Late Autumn Cross Country	November 2026	Fastest Time	Date & venue TBC
25	Early Winter Cross Country	December 2026	Fastest Time	Date & venue TBC



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



SGP Awards Evening



Sussex Grand Prix 2025 Awards Evening

Date & Time: **Monday, 9th February 2026, 7:00 PM**

Location: **Three Bridges Football Club, Jubilee Walk, Crawley, RH10 1LQ**

The 2025 Sussex Grand Prix season has come to a close and it's time to celebrate our fantastic winners.

Join Sussex Grand Prix for an evening of recognition and celebration, to toast another successful season.

There will be:

Open Bar

Free Finger Buffet

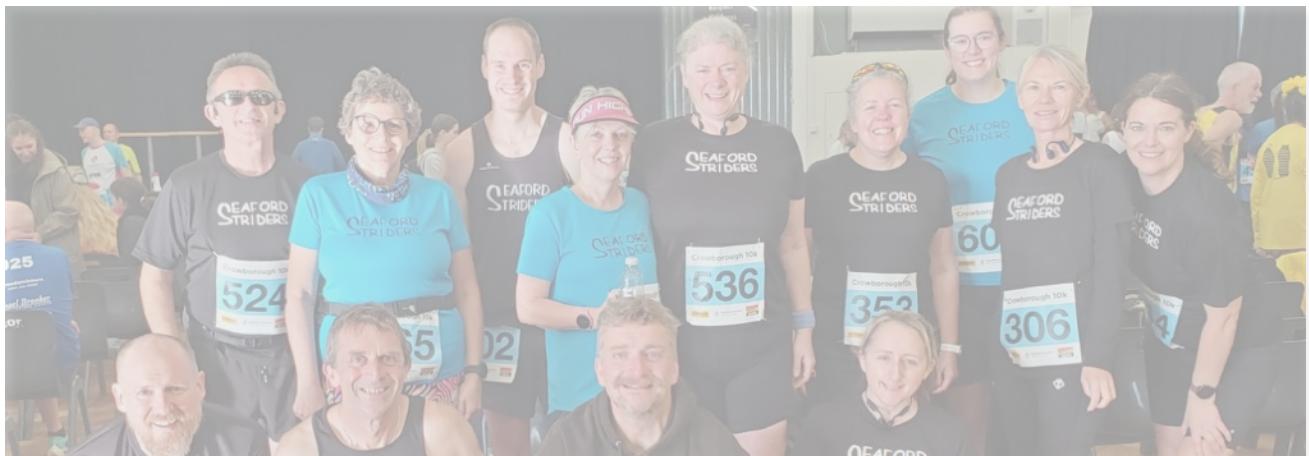
All club members are welcome to attend and cheer on our champions:

Ollie Sprague – Overall Men's Winner (for the second year in a row!) 

Richard Impey, Gareth Hutchinson and James Marron – up for minor awards.

Let's celebrate the dedication, determination, and achievements of all our 2025 participants. The full list of results can be seen [here](#).

Sussex Grand Prix 2026



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	22nd March 2026	Sun	Hastings Half
2	3rd May 2026	Sun	Haywards Heath 10 mile
3	10th May 2026	Sun	Horsham 10k
4	17th May 2026	Sun	Rye 10 mile *
5	31st May 2026	Sun	Hastings 5 mile
6	14th June 2026	Sun	Heathfield 10k
7	5th July 2026	Sun	Bewl 15
8	15th July 2026	Wed	Phoenix 10k
9	16th August 2026	Sun	Henfield Half Marathon
10	13th September 2026	Sun	Hellingly 10k
11	4th October 2026	Sun	Lewes Downland 10 mile
12	18 October 2026	Sun	Hove Prom 10k
13	1 November 2026	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.

Contact James Marron [!\[\]\(9563e6845e9460f02a8b96af0592b0be_img.jpg\) sgp@seafordstriders.org.uk](mailto:sgp@seafordstriders.org.uk)

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



Junior Striders

We don't start officially again until the clocks change, but the juniors have been very busy taking part in cross country.

On 11th January, Seaford Striders were the hosts for the East Sussex Cross Country League. A fantastic 11 of our juniors took part:

Aaron Otoide, Bradley Brown, Teddy King, Caleb Eaton, Eva Miles, Kitty Winton, Lucy Pollard, Zoe Chamberlain, Kaitlyn Pollard, Tobias Crossley and Ava Danbury.

Every person who ran gained points for our team, and Seaford Striders are currently in 2nd place with two more events to go. Special congrats to Eva, Aaron and Tobias who are currently in medal positions. The next event is on 8th Feb in Whitbread Hollow, Eastbourne. <https://www.eastsussexcrosscountry.co.uk/events>



Bradley and Aaron at Seaford Head Cross Country. Well done all, you were all amazing.



Zoe and Lucy



Caleb



Eva and Aaron



Tobias



Eva had a fabulous race in Bexhill at the Sussex County Champs- She was 13th

We also had some great performances by Eva, Bradley, Aaron, Ava and others at other events, including the Sussex County Champs in Bexhill, the Sussex Cross Country League and the Schools Cross Country.

As well as cross country, we have excellent representation from our Juniors at the Peacehaven Junior parkrun. Kitty Winton was first female finisher on 25th January and Maeve Haverly did her first parkrun on 18th – well done everyone!

Emily Danvers

Cross Country

This month marked a big milestone for the club as we hosted our own Seaford Head XC race.

Thank You!



A huge thank you to everyone who helped make it happen, from course prep to marshals to cheering at the finish. It was brilliant to see so many familiar faces out on the mud.

A full race report will feature in next month's newsletter,

Check the results and scores <https://www.eastsussexcrosscountry.co.uk/results>.

Sunday Cross Country 25/26

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

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

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

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

Sussex Cross Country League

Sussex Cross Country League 25/26 - Saturday



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

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



Lindsay Stirton is excited to have secured a ballot entry for Maratona do Rio on June 7th in Rio de Janeiro, where he will be on a work trip for the month of June.

Lindsay will be running to raise funds for the Basic Income Earth Network (BIEN), a global charity based in Seaford (registered charity 1177066).



Fundraising details will be available in due course.

Seaford Martello Half Marathon - Enter / Marshalling

The next event where we are looking for your support by marshalling is the Seaford Martello Half Marathon which takes place on 19th April 2026. This has a beautiful but challenging route starting on the seafront then heading up to Firle Beacon and back via Five Ways.

Please get in touch with Victoria if you didn't help out last year but can this year.

If you want to enter the event here's the link

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



Bexhill Remembrance Run



Bexhill Remembrance Half Marathon



and 10K

Jo Robinson

The Bexhill Remembrance Half Marathon will always mean more to me than a time or a position. It's about the people behind the miles and the reasons for showing up.

Three years ago, my sister Kate signed up for her first half marathon and convinced me to join her. She provided the training plan and, week after week, turned up for our long runs, keeping me consistent and focused even when I thought it was too hard. Unfortunately, a week before race day she suffered a stress fracture and couldn't run. To top things off, the race was postponed which left me trained but without my running partner.

That detour led me to my first half marathon and eventually eight in total. The eighth was Bexhill and finally Kate's first half marathon event.

A supportive Striders group lined up, many of who are currently training for Brighton Marathon, myself, Kate, Simone, Sandra, Jeanette, Kay, Lauren, Michelle, Julie, Peter and Katherine, who is currently training for the London Marathon. Ron and Graham Jones took on the 10K, which a few of us said we would prefer to do, if we were to enter the Bexhill Remembrance event again. Ray and Kay's husband Nigel provided great support, with Ray volunteering on a water station and Nigel cycling parts of the course.

After a two minute silence for Remembrance, we tackled a three loop seafront course that was less flat than expected. Some of us dug deep, others looked like they were loving every step.

Coffee and cake at the De La Warr Pavilion rounded off the day, with a sense of achievement all round.

This race was about shared experience, quiet support and a milestone long in the making.

An event not to be forgotten.



Jingle Jog

Good tidings from the Jingle Jog by Martyn Craddock

As the strains of Mariah and George's Christmas bangers fade from our collective memories for another 11 months, let us remember the festive efforts of certain Seaford Striders in celebrating the recently passed Yuletide through the magic of the Jingle Jog.

To run 10km everyday for the period of Advent is a feat in itself, but to add the self-imposed challenge of finding a street sign which alluded to the season, went to another level of motivation and enormous fun.

Many an hour was spent studying maps, looking for suitable street names, and building a 10km route around them. Look carefully and they are all there... so starting on 1st December, I dragged my legs, and the occasional supportive friend, around the streets of London, Seaford, Newhaven, Peacehaven, Brighton, Hassocks, and even Canterbury.

The 25 runs included Nazareth Gardens, Clementine Avenue, Rudolph Road, St Mary's Place, Robin Close, Chestnut Way, Noel Road, Grotto Place, Sleigh Road, Shepherds Walk. We drank Croft Sherry in Croft Lane. We sang Cliff songs in The Cliff. It didn't snow in Snow Hill. Even a trip to Malaga for the half marathon didn't deter us from finding Calle Gabriel and Plaza Jesus.

Christmas Day topped it off with St Mary's Close in Blatchington, followed by Xmas Day Seaford Park Run.

25 jingle jogs, 250km, and loads of fun and mental stimulation. Fitness gone through the roof too. Setting myself these silly challenges is a great way to get out there running in rubbish weather and dark months. The next challenge is keeping it going throughout January and February, and beyond; Feud for thought.



Seaford Striders 40th Anniversary

It's our 40th anniversary!

As you will have seen we are in the 40th year of Seaford Striders – an amazing achievement! The actual anniversary is 15th October 2026 and we are planning a special event to celebrate this on 17th October 2026 so keep an eye out for how you can be involved.

Lots of Striders have signed up for Brighton Marathon with about 20 people choosing this as their first ever marathon. If a marathon is not for you then why not choose 2026 as the year to challenge yourself. You've done 5k's then sign up for your first 10k or if you've been smashing your 10k's train up for a half marathon. Maybe you've thought about going along to Monday track but haven't felt brave enough to go along.

2026 could be the year when you decide to move up a gear in your running. We are all here to support and encourage you!

If you do decide to challenge yourself then do let us know. We love reading about your running journeys in our newsletter.



SEAFORD STRIDERS

Running for 40 Years Running for Good!

Seaford Striders at the Brighton Marathon.
Celebrating ur 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.. eeek!!!](#)



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](#)

Amanda Harman – Running for Parkinson's UK - for her lovely mum.

Donate here: https://2026brightonmarathonweekend.enthuse.com/pf/amanda-harman?utm_source=share&utm_medium=whatsapp



Brighton Marathon Pasta Party



Save the Date

Following the success of our December Pasta Party, we're thrilled to announce the next Brighton Marathon Pasta Party

Saturday 14th March at the Sailing Club

Join us for an evening of delicious pasta, great company, and pre marathon vibes.

This year, we're holding it on a Saturday, so hopefully more of you can make it. This event is designed for those training for the Brighton Marathon, but if places remain, we may be able to welcome others too.

More details will be shared closer to the date so for now, save the date and get ready for a fun evening before the big day



Do you want to plog at Brighton Marathon?

Are you the kind of runner who stops to admire the view and picks up the rubbish someone else left behind?

Do you want to be part of the Brighton Marathon Weekend, not just a spectator?

And fancy jogging a chilled 10km with purpose?

You'll run, jog, plod and plog your way along the course, collecting litter and high-fiving runners, supporters and volunteers as you go. ❤️

🔥 4 Plogging Teams — Choose Your Stretch

🏁 Team 1 — Start to 10km ➡️ Team 2 — 10km to 20km

🏃 Team 3 — 20km to 30km 🎉 Team 4 — 30km to Finish

We'll supply:

🧤 Gloves 🗑 Pickers 🎁 Bags 🌿 Good vibes

You bring:

🏃 A pair of trainers 🌿 A love of nature 😊 A sense of mischief and fun

✨ Let's show Brighton what runners are really made of — community, energy and stewardship.

Be part of something incredible this year.

Sign up and help us turn Brighton Marathon Weekend into the cleanest party on the planet.

🌿 Please contact Darren at Email: info@3wordruns.uk

Dave Dunstall

Live Love and run

Hello Striders

My name is Dave Dunstall 64 and I've been a Strider for nearly twenty years.

I ran at school preferring the 100 metres to XC and made the South East finals.

I've always enjoyed being active and growing up played football, rugby and amateur boxing. In my twenties I joined a karate club winning a bronze medal in my belt division at the nationals. After that my sport or competing in sports stopped, I met my wife and we brought up our two children, happy with the pleasure and chaos that involved.

In a blink of an eye I was 45 and was carrying a bit of weight, a friend of mine suggested the Seaford Striders and so my running journey begun . I ran with every group meeting fabulous and inspiring people.

The group I was running with after about a year were talking of their standard times of sub 20, sub 40, sub 1.30 and the elusive sub 3 marathon, I wanted to join them. Within a couple of years I had achieved the first three but the marathon time was proving difficult, I had run 3.14, 3.11, and 3.07.

In 2010 at the London marathon, aged 48 this was probably my last chance. The race started well and I found myself with the sub 3 pacer going smoothly until it wasn't. At mile 19 the group was getting away from me and I was knackered.

So where does it come from? The mental effort to push on when your body says no.



By mile 22 I had caught the group and gone past them, passing Big Ben and on to Birdcage Walk, the cheers of the crowd were just for me, the time 2.59. It remains my favourite running memory.

So what next? I ran XC for the club, ran every SGP races for over 10 years and over 25 marathons including 10 Londons. Running now was a way of life, fitting it in around family and work.



Five years ago I sadly lost my wife to Pancreatic cancer. Sharon had told me to keep running as she knew it would give me strength and structure for the coming years.

To keep myself busy I entered a 100k race and began training. I enjoyed the training and the long runs at the weekends. The race itself was tough, I finished in 14 hours 40 minutes, afterwards threw up and went straight to bed still wearing my number, vest and trainers.

My running journey is continuing and now taking me to some wonderful places around the world.



I think sometimes you can find a meditative state when running that allows you to just focus on the present, be it running down a steep mountain concentrating on your next foot placement or the rhythm of a long run.

So as an old Vulcan once said
“Live long and run “

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	Rosie Neill	00:19:41	Hove P/R	01/01/2026	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 Runthrough	03/08/2025
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.

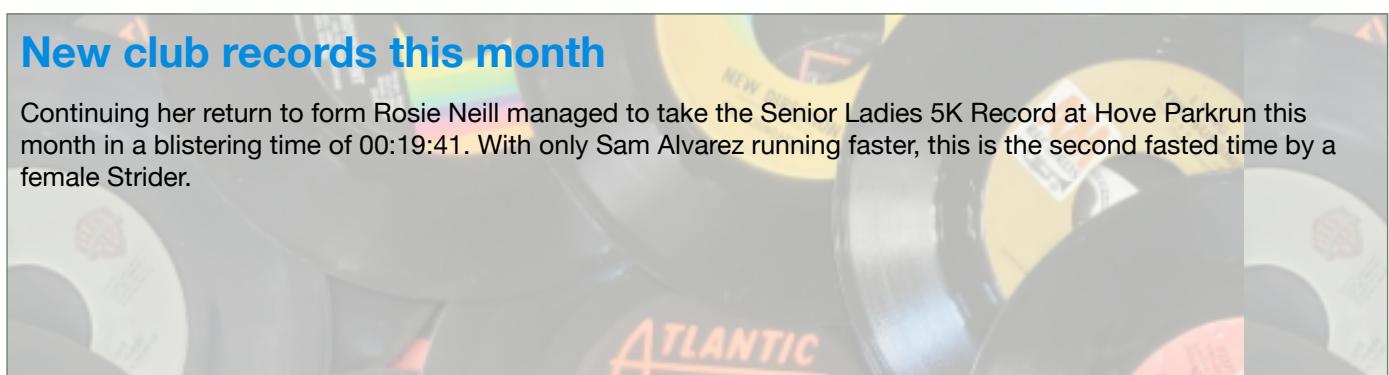
Club Records

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	Date		Women	Time	Location	Date
100M									
SM	Timothy Dymott	00:13:37	Lewes	24/11/2025	SF	Jennifer Williams	00:14:38	Lewes	08/07/2024
MV40	Jez Field	00:13:09	Lewes	24/11/2025	FV40	Katie Mayo	00:19:38	Lewes	24/11/2025
MV50	Gareth Hutchinson	00:14:77	Lewes	24/11/2025	FV50	Jo Bruggenwirth	00:17:27	Lewes	08/07/2024
MV60	Richard Preece	00:17:33	Lewes	24/11/2025	FV60	Victoria Maleski	00:25:69	Lewes	24/11/2025
200M									
SM	Dylan Jones(U17)	00:25:17	Crawley	11/06/2022	SF	Jazz Dymott	00:34:30	Lewes	11/07/2021
MV40	Joel Eaton	00:28:95	Lewes	24/11/2025	FV40	Katie Mayo	00:41:11	Lewes	24/11/2025
MV50	Gareth Hutchinson	00:33:71	Lewes	08/07/2024	FV50	Jo Bruggenswirth	00:37:02	Lewes	08/07/2024
MV60					FV60	Tina Harris-Ross	00:42:16	Lewes	24/11/2025
400M									
SM	Timothy Dymott	01:02:48	Lewes	24/11/2025	SF	Jennifer Williams	01:16:73	Lewes	08/07/2024
MV40	Joel Eaton	01:02:59	Lewes	24/11/2025	FV40	Jemma Crawford	01:24.10	Eastbourne	12/06/2024
MV50	Gareth Hutchinson	01:14:75	Lewes	24/11/2025	FV50	Sam Alvarez	01:23:81	Lewes	08/07/2024
MV60	Richard Preece	01:20:59	Lewes	24/11/2025	FV60	Victoria Maleski	01:55:46	Lewes	08/07/2024
800M									
SM	Steve Ramsey	02:47:42	Lewes	24/11/2025	SF	Bethany Creese	02:42:83	Lewes	24/11/2025
MV40	Gareth Hutchinson	02:29:70	Lewes	12/6/2017	FV40	Katie Mayo	03:32:40	Lewes	24/11/2025
MV50	Ray Smith	02:44.03	Lewes	08/07/2024	FV50	Sam Alvarez	03:11:16	Lewes	08/07/2024
MV60					FV60	Victoria Maleski	04:19:23	Lewes	08/07/2024
1500M									
SM	Alfie Batchelor(U15)	04:27:42	Brighton	30/07/2025	SF	Bethany Creese	05:25:27	Lewes	24/11/2025
MV40	Phill Stevenson	04:40:59	Brighton	07/05/2025	FV40	Jemma Crawford	06:11:20	Eastbourne	12/06/2024
MV50	Gareth Hutchinson	05:10:34	Brighton	07/05/2025	FV50	Sam Alvarez	06:12:78	Lewes	08/07/2024
MV60	Richard Preece	06:05:18	Lewes	24/11/2025	FV60	Tina Harris-Ross	08:13:16	Lewes	24/11/2025
1 Mile									
SM	Jamie Stenning	04:40:00	Seaford		SF	Amanda Feast	06:00:48	Eastbourne	24/05/2024
MV40	Gareth Hutchinson	05:20:20	Crawley	04/05/2017	FV40	Lynsey Millar	07:08:00	Lewes	17/08/2024
MV50	James Marron	05:22:96	Lewes	19/08/2023	FV50	Sam Alvarez	06:21:24	Lewes	18/03/2024
MV60	Dave Dunstall	05:42:19	Lewes	19/08/2023	FV60	Victoria Maleski	09:08:20	Lewes	18/03/2024
3000M									
SM	Richard Impey	09:49:49	Worthing	18/06/2024	SF	Anneka Redley-Cook	12:49:95	Lewes	08/07/2024
MV40	Gareth Hutchinson	10:47:02	Lewes	04/07/2016	FV40				
MV50	Austin Warren	12:00:14	Lewes	08/07/2024	FV50				
MV60					FV60				

New club records this month

Continuing her return to form Rosie Neill managed to take the Senior Ladies 5K Record at Hove Parkrun this month in a blistering time of 00:19:41. With only Sam Alvarez running faster, this is the second fastest time by a female Strider.



Committee

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

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

Seaford Striders Club Leadership

Chair: Victoria Maleski

 info@seafordstriders.org.uk

Treasurer: Ralph Jennings

Assistant Treasurer: Karen Feast

 treasurer@seafordstriders.org.uk

Club Welfare Officers: Kate Parkinson Emily Danvers

 welfare@seafordstriders.org.uk

Club Secretary & Health and Safety Officer: Kay Crush

 secretary@seafordstriders.org.uk

Membership Secretary: Leanne Pearce

 membership@seafordstriders.org.uk

Event Directors

Mince Pie Race Director: Nick Farley

Mince Pie Race Deputy: Graham Jones

 mincepie@seafordstriders.org.uk

Special Events Support: Julie Taylor

 specialevents@seafordstriders.org.uk

Cross Country Representative: Josh Nisbett

 crosscountry@seafordstriders.org.uk

Grand Prix Events

Club Grand Prix Coordinator: James Marron

 cgp@seafordstriders.org.uk

Sussex Grand Prix Coordinator: James Marron

 sgp@seafordstriders.org.uk

Communications Team

Social Media Representative: Lauren Stallard

 socialmedia@seafordstriders.org.uk

Website Manager: Katherine Simmons

 press@seafordstriders.org.uk

Newsletter Editors: Jo Robinson Ray Smith

 newsletter@seafordstriders.org.uk

Club Team Captains

Men's Captain: Jeff Young

Men's Vice Captain: Gareth Hutchinson

 menscaptain@seafordstriders.org.uk

Women's Captain: Amanda Feast

Women's Vice Captain: Kathryn Warren

 womenscaptain@seafordstriders.org.uk

Coaching and Training

Junior Coach/Leader: Emily Danvers

 juniors@seafordstriders.org.uk

Track Coordinator: Anneka Redley-Cook

 track@seafordstriders.org.uk

Couch to 5K (C25K) Organiser: Jeanette Wells

 c25k@seafordstriders.org.uk

LiRFs (Leaders in Running Fitness):

 lirf@seafordstriders.org.uk

Social Team

Adam Haverly

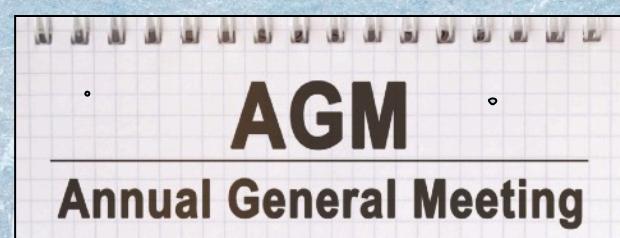
Kat Chamberlain

Ray Smith

Jo Robinson

Jeanette Wells

Graham Jones  social@seafordstriders.org.uk



Our club AGM takes place on 10th February at Seaford Rugby Club and you are encouraged to attend.

After the formal business, there will be a demonstration of how to use a defibrillator / do CPR by trainers on behalf of the Sussex Heart Charity

... and the bar will be open.

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.

A Frosty Run with the Sleaford Sliders

The morning was so cold it rang, the kind of cold that made every sound sharper and every breath visible. Frost lay thick over the fields around Sleaford, and the steepest trail in town glittered invitingly under a flawless blue sky. It was exactly the sort of day the experienced runners of the Sleaford Sliders felt duty-bound to conquer.

They gathered at the foot of the hill, stamping their feet and eyeing the icy slope. An-ne-ka Redl-ey Cook, a work at home housewife with endless energy and an even longer chat, was in high spirits. Biff Boung, the printer, joked about needing new ink for his frozen fingers. Rave Cunstall, the traveller, took in the view as though committing it to memory. Stevie Cairhome, who worked in a care home, stretched carefully, already suspicious of the conditions. Slightly apart stood Bolin Broune, who filled holes in walls for a living and checked his footwear one last time with quiet confidence.

They set off, breath puffing in white clouds as the trail quickly reminded them it was in charge. The frost, so pretty from below, was merciless underfoot. Biff was the first to go—one sideways slip, a surprised shout, and he was sliding down the hill in a tangle of limbs. Rave laughed, just long enough to tempt fate, before his feet flew out from under him and he followed Biff, skidding past with an expression that suggested this wasn't the strangest journey he'd ever taken.

Stevie fought bravely for a few more steps, arms out for balance, but gravity won. He landed with a solid thump and lay there staring at the sky, wondering how he'd explain this one at work.

An-ne-ka stopped, looked at the chaos below her, and made a calm, sensible choice. "No point fighting it," she declared cheerfully, sitting down. She then opted for the slide-down-the-hill-on-her-bum technique, laughing as she whooshed past the others.

Only Bolin Broune remained upright. His shoes gripped the ice like they meant it, and he continued steadily upward, posture perfect, pride growing with every step. He reached the top without a single slip, turned around, and looked down at the scattered runners below. He tapped his feet and smiled.

"Correct shoes," he called out, with unmistakable satisfaction. "Told you."

Later, gathered together with bruises, laughter, and hot drinks, the club committee came to a firm conclusion. Experience was one thing, but preparation was another. From that frosty day on, the Sleaford Sliders would follow a new rule, inspired by four falls, one triumphant runner, and a very slippery hill:

No crampons, no run.

Contact Us

As always, we'd love to hear about your races, whether they're XC, road, trail, or something entirely different. Race reports and photos are what really bring the newsletter to life.

We love sharing your races, photos and stories across the newsletter, our social channels and the website. That said, there's only so much space each month, so not everything can always make the final cut.

So don't wait to be asked! We don't always know who's feeling shy or who secretly loves a moment in the spotlight. If you have a story, race report or photos you'd like included, send them our way.

Even if your moment doesn't appear in the newsletter, events, achievements and photos are on our socials or website, where all the Striders' brilliance lives. Share your triumphs, tumbles and running magic. We want to capture all of you, because nothing should be missed.

Please send submissions to: Jo and Ray
newsletter@seafordstriders.org.uk

Deadline for Next Issue
24 February 2026

Keep up with stories,
achievements & information

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**Something to
share on our**

Socials?

Ideas welcome!

Send your ideas to Lauren on
socialmedia@seafordstriders.org.uk