

SEAFORD STRIDERS NEWSLETTER



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Running in Spring

There's always a joy when we finally return to Wednesday night trail runs in spring. After months of dark, cold evenings, the longer daylight and milder air feel like a reward in themselves. The familiar paths come alive again with fresh greenery, birdsong, and the steady rhythm of footsteps shared amongst fellow club members. Conversation flows more easily, laughter carries further and every mile feels lighter under a brightening sky. But it's not just about the run, it's the simple pleasure of being back together outdoors, moving freely and soaking up the energy that only spring can bring.





Victoria *runs the place*

Who am I anyway?

So much of our ability to run is controlled by what is going on in our minds. This is brought to the fore when we are training for a big event such as a marathon.

My training plan for Brighton Marathon started on 31st December 2025. I know some of you started earlier but I had suffered with a nasty cold over the festive period which held me back. At that time the event seemed a long way off and I was pretty relaxed about it all. It wasn't long before the doubts started settling into my brain and I felt isolated being on a different training trajectory.

By the time I got to Brighton Half on 1st March, which was part of my training plan, I was struggling. On the day it was horrible – wet,

windy and depressing. I hated it and was really questioning my life choices – who was I anyway and why did I think I would be capable of doing another marathon? I told my husband I was going to pull out of the marathon.

I told the “press gang” group and they weren't having any of it! They believed in me. I started doing more of my training runs with other people and that boosted my confidence a bit. I still had nagging doubts, I was almost looking for an injury or an excuse, but nothing happened that would enable me to pull out. In my mind I was continuing the training runs and eating my body weight in cake knowing that I could still withdraw. The tapering took place and I was thinking I hadn't done enough. It was proper “maranoia”!

In the last couple of weeks I gave myself a proper talking to! My mantra changed to “aren't I lucky to be even contemplating running a marathon”. At 65 most people take little exercise – I was privileged to be able to do it, particularly with all the supportive Striders around me

Who am I anyway? I'm your very proud club Chair who has completed her second marathon and had a lot of fun doing it! It was never going to be easy but our team spirit and lots of hugs got me through. Thank you Striders!

I'm even prouder of all your achievements at Brighton Marathon – participants, supporters, volunteers and ploggers - you've all been amazing and displayed the true spirit of Striders.

Seahaven FM C25K interview



At 7pm on Tuesday 14 April, Jeanette Wells and Victoria Maleski were guests on Kathy Harding with Community People on Seahaven FM, talking about the up coming Couch to 5K and playing some of their favourite tracks.

Click link to play

<https://player.autopod.xyz/1269589?t=3m35s>

Seahaven FM
Kathy Harding with Community People

Kathy Harding
07:00PM Tue 14 Apr

CGP Magic Mile



Striders Dream Mile: Speed, Spirit, and Dream

There's something quietly special about the Striders Dream Mile. Perhaps it's the simplicity of the distance, just four laps and a bit, or the way it brings together runners of every level with a shared goal. To push, to test and to celebrate progress. Having taken part in previous editions (back when it was cheekily known as the "Magic Mile," until autocorrect had other ideas and kept making it "Magic Mike"), I decided this time to step off the start line and help behind the scenes. It turned out to be one of the best decisions I've made which I would recommend everyone give it a go sometime.

From the sidelines, the event revealed a different kind of magic. A dedicated team of volunteers kept everything ticking with impressive precision — timekeepers, place card distributors and results recorders all working in seamless harmony. Jo Robinson, Kate Lewis, Julie Taylor, Austin Warren, and Ralph Jennings formed a well oiled machine, delivering results with accuracy and efficiency. Overseeing it all was Ray Smith, directing proceedings like an expert — thanks Ray!

Freed from the intensity of racing, I took on the roles of volunteer, cheerleader and photographer, my favourite ways to contribute to the club. There's a unique kind of pride in watching and encouraging others give their all and the Dream Mile delivered that in abundance. Every Strider on that track had a story unfolding in real time: determined faces, powerful finishes, and the unmistakable satisfaction of a strong effort completed.

With 24 Striders turning out for this Club Grand Prix event, the atmosphere was vibrant and competitive, and the calm, warm conditions were perfect for the night. The age graded scoring system added an extra layer of intrigue, highlighting standout performances across the board. Some of the evening's most impressive achievements came from our senior runners, proving once again that experience and determination are a formidable combination. Personal bests tumbled, and the highlight of the night—a new V60 women's club record from Katherine Dobson was met with well earned applause.

What makes the Dream Mile truly special is its role as a benchmark. It's a chance to measure progress over a shorter, sharper distance, something that complements the longer efforts of Parkruns all the way up to marathons and beyond. With a couple of Dream Miles scheduled throughout the year, runners can chart their improvement, often reaping the rewards of the Monday night track sessions. The Monday night sessions, filled with structured training, quality leaders, and supportive camaraderie, is one of the true heartbeats of the Striders club where runners of all abilities come together to push limits and share in the joy of running.

As the final results were recorded and the track began to quiet, one thing was clear: the Dream Mile isn't just a race. It's a celebration of effort, community, progress, and just plain old fun. Congratulations to everyone who took part. As for me? Next time, I might be back on the start line lacing up... or perhaps volunteering and cheering from the sidelines once again. Either way, I won't miss it. Go Striders!



1 Tom Webb	05:13:45	13 Kev Ives	06:52.55
2 Gary Collings	05:28:69	14 Mark Andrews	06:53.91
3 James Marron	05:29:88	15 Alex Colwell	06:55.13
4 Nick Farley	05:30.49	16 Noel Painting	07:23.24
5 Gareth Hutchinson	05:37:47	17 Simone Amis	07:51.70
6 Sam Warren	05:46:83	18 Kate Mayo	07:52.88
7 Steve Ramsey	05:48:10	19 Katherine Dobson	08:54.29
8 Stephen Marsden	05:54:50	20 Charles Atkinson	09:10.73
9 Jack Walsh	05:58:59	21 Tina Warren	09:16.62
10 Richard Preece	06:13.70	22 Julie Fannon	09:37.88
11 Dominic Hind	06:40.68	23 Sam Cornwell	09:50.22
12 Sam Horscraft	06:42.66	24 Jo Robinson	10:07.67



Track Programme

Track sessions are structured intervals to help you develop aerobic fitness and endurance skills in a safe environment. Each session focuses on a specific type of training; speed, endurance, threshold, and speed endurance – plus some fun stuff!

To get the best out of the intervals, we use pace groups to enable runners to select their individual pace group and train with others of a similar ability. Intervals are tailored to the pace groups and each track session is guided by an experienced coach or leader.

The track programme is designed to complement a well considered wider training plan and is included in your membership.

The high-level track outline for track sessions is shown [here](#) – full details and instructions will be provided on the night.

Track sessions are weekly at Lewes Leisure Centre, on Monday nights 19:00-20:00.

Recent Results

Brighton Marathon			12/04/2026	Martello Half Marathon			19/04/2026
46	Joel Eaton	02:47:15	2	Phill Stevenson(Lewes AC)	01:21:19		
483	Jay White	03:11:49	6	Matthew Clare	01:27:59		
761	James Marron	03:19:32	8	Nick Farley	01:29:39		
1148	Fabian Eason	03:26:47	16	Fabian Eason	01:37:13		
2485	Austin Warren	03:46:51	21	Austin Warren	01:41:31		
406	Alan Browne	03:50:41	28	Fabrizio Ferioli	01:45:56		
438	Emily Danvers	03:51:47	24	Simon Wattam	01:43:53		
2999	Fabrizio Ferioli	03:53:21	30	Alan Browne	01:46:13		
730	Bethany Creese	04:01:39	35	Yonas Beyene	01:49:12		
4009	Russell Hewlett	04:04:39	38	Anneka Redley-Cook	01:50:19		
-	Lisa Parkinson	04:13:53st	42	Colin Browne	01:54:08		
	Lisa Parkinson Tracker	461h56:01	53	Jazz Dymott	01:58:05		
4654	Dominic Hind	04:14:28	57	Tom Bell	01:59:14		
1202	Kathryn Warren	04:18:18	58	Peter Jaques	01:59:55		
1375	Kellie Snow	04:23:19	70	Sam Horscraft	02:03:27		
5378	Matthew Winton	04:24:45	71	Charis Crudgington	02:04:31		
5593	Adam Haverly	04:27:31	82	Noel Painting	02:07:45		
5706	Peter Jaques	04:28:57	96	Darren Wymer	02:10:49		
5733	Mark Andrews	04:29:22	100	Steven Teale	02:12:59		
1634	Carly Holmes	04:30:34	110	David Hayes	02:15:16		
5868	Steve Ramsey	04:31:26	125	Gavin Wright	02:20:56		
1979	Oliver Harman	04:40:05	128	Katie Mayo	02:24:25		
2037	Lindsay Tearle	04:41:39	133	Louise King	02:30:07		
2402	Lauren Stallard	04:51:32	140	Lauren Stallard	02:33:10		
2402	Simone Amis	04:51:32	141	Tom Forristal	02:33:11		
7370	Simon Homer	04:58:43	142	Ellie Woolcott	02:34:02		
2602	Michelle Mills	04:56:22	148	Scott Charlwood	02:47:27		
2646	Natasha Hickin	04:57:26	149	Leslie Mayger	02:48:34		
2862	Debbie Priest	05:03:18 CR	155	Lindsay Stirton	03:12:31		
2903	Stacey Pollard	05:05:02					
3262	Justine Ridgway	05:17:45					
3330	Sara Baitup	05:19:53					
8289	Kevin Tant	05:27:08					
8319	Tom Forristal	05:28:17	4551	Richard Impey(phoenix)	03:08:13		
3617	Kat Chamberlain	05:29:35	4709	Luke Borland	03:08:58		
3634	Kay Crush	05:30:00	6446	Sam Alvarez	03:17:38 CR		
8373	Trevor Jones	05:30:33	46224	Kat Simmons	05:25:21		
3684	Jennifer Williams	05:32:03	10178	Ollie Sprague(peacehaven)	03:31:29		
8526	Andy Gorrie	05:37:33					
3924	Jane Kemp	05:43:41					
4039	Jennette Wells	05:49:50					
4053	Janine Bishop	05:50:27					
4063	Kate Lewis	05:51:06					
4210	Jo Robinson	06:00:16					
4313	Amanda Harman	06:09:30					
8994	Peter Fannon	06:12:52					
4361	Julie Fannon	06:12:53					
4497	Sandra Standen	06:29:23	193	Steven Teale	01:43:09		
4498	Victoria Maleski	06:29:25	194	Paula Tillier	01:43:09		
9102	Darren Wymer	06:29:23	226	Jacquie Trott	01:54:31		
-	Kat Simmons (London prep)	DNF 10m					
-	Richard Impey (London prep)	DNF 18m					
Manchester Marathon			19/04/2026	London Marathon			26/04/2026
17112	Emma Godden	04:30:52					
23087	Siana Koleva	05:10:55					
				Angmering Bluebell Trail		26/04/2026	



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	00:41:53	Brighton	12/04/2026	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	01:28:41	Paddock Wood	08/03/2026	Simon Fletcher	01:17:52	Bath	13/03/2016
Marathon	Sam Alvarez	03:17:38	London	26/04/2026	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	Debbie Priest	05:03:18	Brighton	12/04/2026	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	00:49:45	London Hyde Park	28/02/2026
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	01:46:09	Surrey Hills	22/03/2026
Marathon	Sandra Standen	06:29:23	Brighton	12/04/2026	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	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	VF40	Katie Mayo	00:19:38	Lewes	24/11/2025
MV50	Gareth Hutchinson	00:14:77	Lewes	24/11/2025	VF50	Jo Bruggenwirth	00:17:27	Lewes	08/07/2024
MV50	Richard Preece	00:17:33	Lewes	24/11/2025	VF60	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	VF40	Katie Mayo	00:41:11	Lewes	24/11/2025
MV50	Gareth Hutchinson	00:33:71	Lewes	08/07/2024	VF50	Jo Bruggenwirth	00:37:02	Lewes	08/07/2024
MV60					VF60	Tina Harris-Ross	00:42:16	Lewes	24/11/2025
400									
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	VF40	Jemma Vile	01:24.10	Eastbourne	12/06/2024
MV50	Gareth Hutchinson	01:14:75	Lewes	24/11/2025	VF50	Sam Alvarez	01:23:81	Lewes	08/07/2024
MV60	Richard Preece	01:20:59	Lewes	24/11/2025	VF60	Victoria Maleski	01:55:46	Lewes	08/07/2024
800									
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	VF40	Katie Mayo	03:32:40	Lewes	24/11/2025
MV50	Ray Smith	02:44.03	Lewes	08/07/2024	VF50	Sam Alvarez	03:11:16	Lewes	08/07/2024
MV60					VF60	Victoria Maleski	04:19:23	Lewes	08/07/2024
1500									
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	VF40	Jemma Vile	06:11:20	Eastbourne	12/06/2024
MV50	Gareth Hutchinson	05:10:34	Brighton	07/05/2025	VF50	Sam Alvarez	06:12:78	Lewes	08/07/2024
MV60	Richard Preece	06:05:18	Lewes	24/11/2025	VF60	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	VF40	Lynsey Millar	07:08:00	Lewes	17/08/2024
MV50	James Marron	05:22:96	Lewes	19/08/2023	VF50	Sam Alvarez	06:21:24	Lewes	18/03/2024
MV60	Dave Dunstall	05:42:19	Lewes	19/08/2023	VF60	Katherine Dopson	08:54:29	Lewes	27/04/2026
3000									
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	VF40				
MV50	Austin Warren	12:00:14	Lewes	08/07/2024	VF50				
MV60					VF60				

New club records this month

Several club records were broken this month in an outstanding series of performances. Graham Jones led the way, smashing his personal best by nearly six minutes to claim the MV70 Half Marathon record with a time of 1:46:09 at the Surrey Hills Half Marathon. Debbie Priest followed and courtesy of a recent birthday had a superb run at the Brighton Marathon, where she set a new FV60 Marathon record in 5:03:18. All eyes were then on Sandra Standen as she aimed to become the first FV70 woman to complete a marathon for the club. She rose to the occasion, finishing in a very respectable 6:29:23. Sam Alvarez continued her excellent form with a fantastic performance at the London Marathon, setting a new FV50 record with a time of 3:17:38. Lastly Katherine Dopson had a fine run at the Striders Dream Mile event recording 08:54.29 in the FV60 category.

...Why We Keep Running

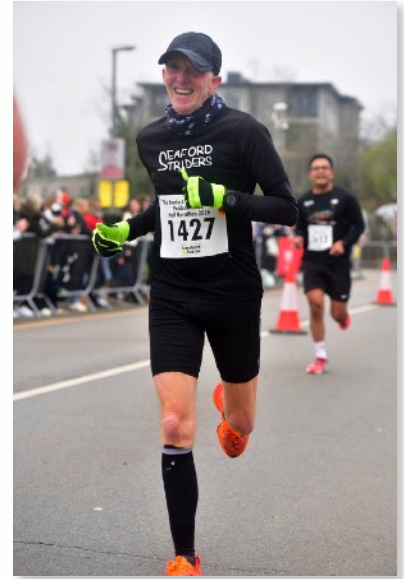
Injuries, Illness, and Why We Keep Running

Ralph Jennings

Injuries, illnesses, and all those little setbacks that interrupt our training are something every runner eventually faces. They can slow us down, steal our momentum, and sometimes make us feel like all the hard work we've put in has suddenly slipped away.

The physical impact is one thing. But often, the mental side is even harder.

When running is something you truly love—something that keeps you healthy, grounded, and connected—it can be incredibly discouraging when your body doesn't cooperate. You want to keep going, you want to push through, and sometimes you even try to “wish” the injury away. But as many of us learn with time, the real strength comes from stepping back, being patient, and trusting the process of recovery.



I've had my fair share of setbacks over my nearly 50 years of running, and I've learned something important along the way: the way we respond to those setbacks can define us far more than the setbacks themselves.

Most recently, I experienced this at the Paddock Wood Half Marathon on 8 March 2026. Since running the Amsterdam Marathon in October 2025, I've been dealing with a stubborn Achilles niggle that simply refuses to disappear. I can still run, but I often feel it afterwards—even just walking around the house.

Like many runners, my heart tells me to keep going and hope it magically goes away. But my brain knows better. Resting, rehabbing, and respecting the injury is part of the journey too. So, this time I did something different. I eased back. I focused on recovery. And when race day came, I lined up with absolutely **no expectations**. That is probably the key.

I didn't know how my Achilles would respond to 13.1 miles. I didn't know what pace I'd run. I just decided to run by feel and enjoy being out there.

Sometimes, when you remove expectations, something special happens. One mile at a time, the race unfolded. I stayed relaxed, stayed positive, and simply kept moving forward. Then suddenly—1 hour and 35 minutes later—I crossed the finish line. I was genuinely surprised. I honestly didn't think I'd even get close to 1:40-1:45. Moments like that remind me how powerful mindset can be. When you let go of pressure and focus on gratitude—just being able to run—you sometimes discover strength you didn't realise was still there.

This isn't the first time I've been reminded of that lesson. Back in April 2005, I found myself in the ICU in Whitechapel, London, fighting for my life for over a month with a deadly illness. The doctors tried everything they could to save me while I was on a life support machine.. When nothing seemed to work, they attempted a final, incredibly risky treatment. Miraculously, it worked. I started breathing again. While recovering in the hospital, I remember watching the London Marathon from my hospital bed as Paula Radcliffe ran her incredible 2:17 world record. Lying there, barely able to move, I made a promise to myself:

One day, I would run again.

At that point, it seemed impossible. After weeks in hospital, I first had to relearn how to walk. Running felt like a distant dream—something far beyond reach. But step by step, day by day, things slowly changed.

By 2008, I was standing on a marathon start line in San Diego, running in honour of my wonderful twin brother and my amazing mum, both of whom I had lost not long before the race, and after my own illness. Loss has a way of putting life into perspective and reminding us what truly matters. Family, friends, and what truly makes you happy is what matters!

Since then, there have been plenty of moments where it would have been easy for me to give up—to sit on the sofa, watch TV, and accept that maybe the running days were behind me. I'm just too accident prone to continue...

But running has never been just about fitness for me.

Running is freedom.

Running is reflection.

Running is connection.

Running with people you love—family, friends, club mates—has a way of lifting your spirit and reminding you that you're alive and capable of far more than you think. And running alone has its own magic too. Those quiet miles often become the best kind of meditation.

Sometimes it actually takes an injury, an illness, or a setback to remind us just how much we love it. So yes, I fall down sometimes,. Quite literally—many of you have seen that happen.... often! LOL! But each time I get back up, I'm reminded that setbacks don't define us. What defines us is our willingness to keep going.

And when the day eventually comes that I can't run anymore, I know one thing for sure:

I'll still be there.

Still supporting and volunteering.

Still cheering.

Still loving the sport that has given me so much.

And with the Striders. 😊

New club shirts



The new club shop is now live at <https://gameforlife.co.uk/collections/seaford-striders-rc> The new design club shirts are available for ordering online

Also available for purchase now are the ruby coloured 40th anniversary shirts which can be personalised with your name on the back. If you want your name on the front instead (or both front and back) please contact Nick at **Intersport Seaford 01323 898516** and he will arrange this for you.

Intersport Seaford have sample sizes of the new club shirts (T-shirts and vests) available to try on, so you can go in to check the sizing.

Once you've checked the sizing then please order online through the club shop. Striders can use the £12 discount code **Striders2026**. The discount code can only be used once and will only be valid on the new design vest or T-shirt, it is not valid on the anniversary shirt or other items on the club shop.

The new club design shirts should be worn for Sussex Grand Prix and Cross Country races.

Charis's Mad May

Charis Crudgington

It's been a year since I joined Seaford Striders, and about a year and a half since I started running, so now feels like a good time to say hello. This May, I'm running the Seven Sisters Half Marathon, just a week after performing in my first-ever Brighton Fringe show.



Working in the arts, I've done many weird and wonderful roles. I trained as a contemporary dancer, but more recently have been behind the scenes and picking up odd jobs. Whilst working in an escape room, I realised I'd suddenly ended up in a sedentary role with zero sunlight. I downloaded Couch to 5K, ignored it for weeks, then finally got out the door. It was humbling, but slowly and surely, I caught the running bug.



In April 2025, I moved to Seaford. By then, I'd built up to my first 10K. My partner's mum mentioned she'd run with Seaford Striders, so I looked the club up. Within a week, I was a member and turning up to my first-ever track session. The club made me feel so immediately welcome. Josh and Austin reassured me I'd come to the right place, and Kat and Ron gave me a lift home. Through Striders, I've achieved more than I ever thought possible. The support of the club got me signed up for my first event – the Hellingly 10K.



What do you do when you've run your first 10K race? Sign up for a marathon, of course!

So began my 2026 running game plan. I kicked off the year with the Brighton Ten Miler and have just completed my first ever half-marathon, Martello Half! After reading about Loch Ness marathon, I knew there were some not so nice hills (including one at mile 18).



Encouraged by my mum, I signed up for the Seven Sisters Half on 23rd May. From there, I'll begin my 17-week build towards the Marathon. All sounds simple, right? Not quite! I won a bursary, to put on work at the Brighton Fringe on Wednesday 13th May (date non-negotiable), a Wednesday night, missing my beloved Wednesday Night

Striders and just a week before the Seven Sisters Half.

Balancing my job, half-marathon training and 8 hour rehearsal days has been pretty intense. For me, running is about proving to myself that I can do difficult things. Performing again for the first time in three years is the same. Running gave me the confidence to believe in myself and start dancing and moving again.

My dance partner Mette and I, choreographed and performed our Brighton Fringe show 'I'm sorry to disappoint you all' three years ago for Resolution Festival. It's a contemporary dance piece that encapsulates how we felt living in our tiny flat share in London. It has been exciting to revisit this piece three years later. So much has changed: new job, new surroundings, new habits and friends made. So fingers (and toes) crossed for the next month, and a huge thank you to all the wonderful Seaford Striders who've been part of my running journey so far.

P.S. It would be so lovely to see some familiar Striders faces in the crowd (Wednesday night Striders in Brighton, anyone?) as I perform for the first time in three years.

Here's the link if you're interested: <https://www.brightonfringe.org/events/im-sorry-to-disappoint-you-all/>

Please do pass it on!

London Marathon

Katherine Simmons

History was made at this year's London Marathon ...

The Guinness World Record for the largest number of finishers was broken with 59,830 crossing the line, Sebastian Sawe became the first man to run a sub-two-hour marathon and Tigt Assefa broke her own women-only world record finishing in 2:14:41.

For me, running 26.2 miles on 26th of April was an experience I will never forget. I could probably fill the whole newsletter about it, but for Jo, Ray and every other Strider...I'll try to be brief!

The year when 'no' became a 'yes'

Having become so used to receiving the annual 'no' through the public ballot, I didn't even twig that I'd been successful in the Striders draw at the Hallowe'en Quiz, right up until Victoria walked over and told me it was me!!! Having my name pulled out of the hat for the privilege of running the Striders place in the London Marathon is perhaps the closest feeling I'll ever get to winning the lottery.

The wisdom of the tribe

Fellow Striders are our best advisers. Ahead of even starting my training, I chatted through the logistics of taking part in such a huge race. Recent finishers Ralph and Debbie both told me to book a hotel near the finish rather than the start, advice which I was later hugely grateful for. Debs helped answer all my random questions about getting to the start and using the trains.

Justine assured me I was going to have an absolute blast. She told me that straight after finishing, she had just wanted to do it all over again. Totally in agreement with that!



Nothing new on race day...but

This has always seemed such a sensible piece of advice - I'd tested the gels, I'd tested the sweets, tested the kit. But now I know it comes with a caveat: nothing new on race day - within the limits of what you can control. I'd trained through winter, so I was really not prepared for the heat and with my start time not until 10:45, I was running right through the hottest part of the day.

My stomach is pretty reliable, with one exception - heat... I'd been careful to eat as I usually would at the hotel and with the pasta the night before. But I suspect heat was the 'new' on the day..

I definitely hadn't planned for, or expected to make 4 portaloos stops along the route. And with 59,000 runners and being a late start runner, I was very surprised (and very grateful) that the well tested facilities were in as clean a state as they were. I pushed on and by mile 18, when usually I'd be feeling a bit knackered, I was actually feeling a lot better!



Although there were showers on the route, I tried to avoid them where possible as feet wet = blisters for me... but I was grateful for the cups of ice which I put under my hat and down my back!

The crowds carry you through

The London Marathon has an effect that is far bigger than the race itself.



Working in London, I'd never before seen strangers greet or congratulate each other in the street. At our hotel, most of the guests were either runners or supporters. We were chatting away with people we'd only just met at the coffee machine, in the lift and at breakfast.

This is an event which truly brings people together.

I'd run the Amsterdam Marathon six months before and the atmosphere in central Amsterdam and the Vondel Park was super energetic. In London, the crowds were like this pretty much all of the way round. In the first miles, it seemed like my wave had just run into a party at Greenwich. After 10k, the crowds got even bigger as we ran around the Cutty Sark.

Tower Bridge was as exciting as it looked on TV. Like many others around me, keeping to a pace ceased to be a priority, instead, I just wanted to slow down and take it all in.

I'd read that the part of the race where the route snakes through Canary Wharf and the Isle of Dogs might be quiet, right in the part of the race that you really need crowd support. If it was, I didn't notice. It was on this part, around 20 miles, that I first spotted Ron, he had seemingly found one of the only patches of grass to sit down on in an area without barriers. Having swiped me with a bit more anti-chafe balm, I set off again and he popped up on the bike for the next couple of miles. It was great that got a taster of the atmosphere too!!!

The last 10k...

One of the strangest feelings about running London Marathon was actually not really feeling that I was running a marathon.

With so many stops due to my unhappy tummy, the plan to go 10 miles just to settle in, 10 miles at race pace and all that was left for the last 10k soon went out of the window,

I just focused on what was in front of me and being super grateful for the experience of running the London Marathon after years of ballot rejections. The last 10k goes past the hotel I usually stay in while working and areas I've run through before - and the relief of some much needed shade!

Along Victoria Embankment, and through the bit of London I know best, I actually didn't want the run to end - and I have never had that happen in any race!!!

Although my split times look slow, I wish I could run that last 10k on repeat...

At Westminster, the crowds were crazy again and then into the

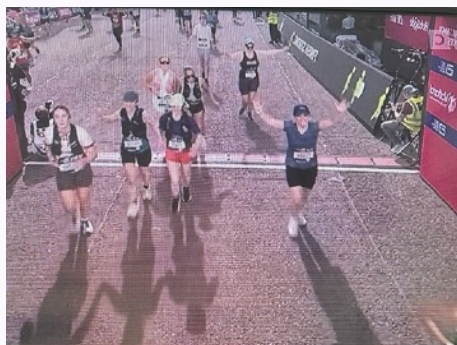
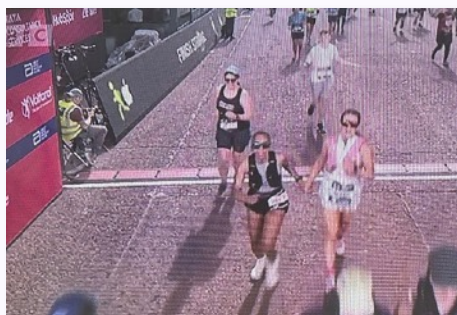
shade where we'd waved and cheered the Mini Mile runners the day before at Birdcage Walk.

I was a bit distracted by the '385 yards to go' sign on the gantry... what's a yard again? And the thought that maybe that's why Sifan Hassan got distracted in her London Marathon win.

Turning past Buckingham Palace, then onto The Mall, was another part of the race where I wished I'd run I could just run it again in slo mo.

With most of the runners completing the race earlier, the finish line was not nearly as crowded as I thought it would be and after getting my medal and having a picture taken by one of the friendly volunteers, it was time to find Ron and the bike again.

Although I'd achieved a marathon PB of 30 minutes, completing the race in 5:25.21 (and managed to walk back to the hotel after the race too), this seemed a far less significant achievement than running and enjoying the London Marathon itself.



I had convinced myself, having finally got in, that this would probably be my last ever Marathon.

It didn't take me long to enter the 2027 ballot!

It was hot and it didn't go to plan but what a race, what an atmosphere, what a day! The support from Striders was amazing! Thank you everyone - I absolutely loved reading the Marathon Boost messages and everyone urging me to keep going in the Striders WhatsApp community!!!

Well done to my fellow class of 2026 London Marathon runners, Richard, Ollie, Darren Harrier, Luke and Sam!

Favourite sign:

'Random stranger, I'm so proud of you'

Most bizarre sign:

'Run if you hate Spurs'

(x about 10 throughout the race, sorry Colin B!)

Fancy dress runner moment: a young child supporting in a central reservation, started screaming when a runner in an inflatable T Rex suit came past - but it was all a bit Jurassic Park!

Keep up with stories,
achievements & information

FOLLOW US!



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www.facebook.com/SeafordStriders



www.seafordstriders.org.uk



Something to
share on our

socials?



Ideas welcome!

send to Lauren on
socialmedia@seafordstriders.org.uk

Gary Collings



Gary Collings

*Trigger warning: reference to suicide

For those who don't know me, my name is Gary Collings. I joined Seaford Striders on 2nd November 2024, and it has completely changed my life.

Before joining, I was going through one of the toughest periods I've ever faced. I lost my dad and my auntie 💙💙 to suicide, and it left a huge gap in my life. I felt lost, like I didn't have a clear purpose or direction anymore.

Joining Seaford Striders gave me something I didn't realise I needed so badly—a sense of belonging.

From day one, the support I've received has been incredible. It's not just a running club; it's like one big family. Everyone encourages each other, no matter your level, and that kind of environment makes a massive difference when you're trying to rebuild yourself.

I hadn't run properly for about 20 years, so getting back into it wasn't easy. But with the help of some amazing runners in the club, I've been able to push myself and start achieving goals I never thought possible. Their guidance and encouragement have played a huge part in where I am now.

Training has become something I genuinely look forward to. Monday track nights in Lewes push me to improve, and Wednesday evening sessions at Splash Point are always a great way to stay consistent and connected with the group.

One of the things I've really come to love is parkrun tourism. Visiting different locations, meeting new people, and using it as training has been such a positive experience. It keeps things fresh and helps me stay motivated as I prepare

Running has given me structure, focus, and something to aim for again. More importantly, it's helped me get into a better place mentally. I feel stronger, more positive, and more like myself again.

This journey isn't just about running—it's about healing, connection, and finding purpose after loss. And for that, I'll always be grateful to Seaford Striders.

My Martello Half

By Nick Farley

It's that time of year for half marathons, and after running a very strong Brighton Half, I had Hastings booked in two weeks later. I probably went into Hastings a little too confident, which resulted in an okay effort—but not where I thought I would be.

My training has been consistent and I'm happy with how I'm running, but heading into the Martello Half I did start questioning my ability a little. I knew I could run a good race, but the key learning from Hastings was not to go in overconfident.

I'd previously run the Martello Half in 1:35. Two years ago, I was just getting over a minor injury and didn't push too hard, but I do remember running happy and putting in a good effort.

The Martello course is challenging, to say the least, with a lot of climbing in the first five miles. That said, what goes up must come down, and once you turn off the South Downs Way you can really make up time back down to Bishopstone before hitting the seafront for the finish.

The weather forecast on the day was great: sunshine, a light breeze, and cool enough at the start. I was looking forward to wearing the new club colours, having picked up my vest a couple of days earlier. Those who know me know that I'm a proud member of Seaford Striders and wear our colours—and name—close to my heart.

The race started at 9:30am. I arrived around 8:40 to collect my number, do a light warm-up, and catch up with other club members—which was lovely. There was a really good atmosphere around The Salts and along the promenade near the start.



I wasn't feeling nervous. I really wanted to enjoy it and just run the best I could. When asked what time I was aiming for, I said that I'm always happy with a sub-90 half, though I knew this definitely wasn't a flat route. A lot of Striders were there, many in the new club colours, which looked amazing. We took the opportunity for a team photo—actually two, including one with **Three Socks Sam**.

Soon it was time for Tony's race director welcome. Well done Tony, and thank you!

And we were off.

I wanted to set off at a sensible pace before hitting the hills, so I targeted sub-7 minute miles into Bishopstone. I also knew I needed to respect the hills and save something for the second half of the race.

I quickly realised that the handful of runners ahead of me were stronger than I was, and I questioned whether I'd gone off too fast. But I had a plan, so I stuck to it. I started the climb, running mostly solo until the water station, where we were greeted by our fantastic Striders. I deliberately stopped for water and gave my legs a very brief chance to recover.

Back on the hill, another runner came past me—he hadn't stopped for water—but he soon started walking. I overtook him, and that gave me a small boost to keep working hard, driving with my arms and staying light on my feet. I turned out towards the pylons, though at this point "walky guy" (not real name) overtook me again.

I was carrying a Hi-5 gel and decided the top was the perfect place to take it before heading along the South Downs Way. I felt strong on the flatter section and picked up the pace, catching "walky guy" (not real name) again just before the incline before Bo Peep. It's not too steep, but it does go on for a while.

I knew he was stronger than me on the climbs, so I tucked in just behind him and followed his pace all the way to the top. That really helped me dig in. Once we reached the top, he waved me through—he clearly knew I was stronger on the downhill. I took off and tried to open up a gap.

From the vantage point I could see two runners ahead, one of them Matty C. That was a huge confidence boost—both very strong runners—and I was right there in the race. The downhill was fantastic. I've never run that section as fast as I did on the day. I felt strong, confident, and focused on maintaining good form and energy.

A big thank you to all the marshals cheering us on—I could only manage a wave as every bit of oxygen was needed for my lungs!

As Bishopstone approached, it genuinely felt like I was closing the gap on Matt and the runner ahead of him. I'd been chasing them for quite some time on the descent, and it gave me another lift. Entering the village with around a mile and a half to go, I told myself: *Keep it up, Nick. Stay strong. The hard work is done.*

Sub-90 was suddenly a real possibility. I glanced at my watch and realised I was running a very strong race—and there was no way I was backing off now.

I hit the seafront to loads of clapping and cheering, with a smile firmly on my face. Then I heard my name over the PA:

"Number 55, Nick Farley, coming in strong—let's hear it for him!"

I was a very happy boy. As I crossed the line and stopped my watch, I saw 1:29:33. It was a good day.

A huge thank you to all the club members who volunteered, cheered, and brought that Strider love. I felt every bit of it.

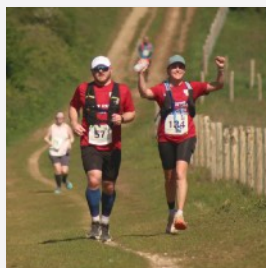


Photos of Seaford Martello Half Marathon can be found on the following links:

Dominic Hind's Flickr
<https://flic.kr/s/aHBqjCRjV3>



Ray Smith's Flickr
<https://www.flickr.com/photos/raysfotos/albums/72177720333179091>



The medal was beautifully designed again this year by Lauren Stallard.

Seaford Martello Half Marathon Facebook page
<https://www.facebook.com/share/18kQq9ZLwe/?mibextid=wwXlfr>

Brighton Trail Marathon



The Maverick Brighton Trail Marathon 2026:

Richard Preece

Having run Beachy Head and Amsterdam marathons, I wasn't especially keen to take on another marathon. However, Striders had chosen to make Brighton Marathon a special occasion.

Then I discovered that Maverick Trails were collaborating with the Brighton Marathon organisers to create a trail version of the race. It was the first event of its kind, offering a unique marathon experience. That opportunity finally persuaded me to sign up. The route would combine scenic trails with the excitement of the main event.

Starting in Stanmer Park, runners head into the South Downs on woodland paths, chalk tracks and rolling farmland trails, including a demanding climb over Ditchling Beacon. After roughly 36 km off-road, competitors merge with the Brighton Marathon route. The Trail runners actually join with the Road Marathoners at Ovingdean, but we are Marshalled separately and kept to the pathway rather than the road. This meant that I got to experience the posse of Striders Supporters at Ovingdean Roundabout.



The Trail runners then run through the subway at the roundabout and onto the cliff top path towards Brighton Marina. This is where we then drop down towards Asda Carpark and onto Black Rock where the Trail runners join and mingle with the road runners for the



final 6Km for the Trail runners. At Hove lawns the Trail runners are then filtered off onto Hove Prom and across the finish line, again with all the road runners. The Trail runners are rewarded with a different medal and finishers T shirt from the road marathoners.

Although, I find running that distance challenging and my body was rebelling for the last 10k it was still a wonderful day. The weather behaved and the views up on the Downs were stunning.

The route took me to parts of the Downs where I have never been before. The organisation was great. The route was clearly sign posted, Marshals at every gate and turn. Even when running amongst the road runners the marshals made sure that the trail runners where signposted onto the correct route.

The total elevation is less than Beachy Head but there were still some steep inclines. I would highly recommend it. Maverick had made a whole weekend of running. The day before, was a half Marathon and 10k in and around the beautiful Stanmer Park. This time of the year the bluebells in the woods at Stanmer Park were in full bloom. One of the many memories of the day was their fragrance while running through the woods.

I hope they do the same again next year as I think combining the two events was a success.



Congratulations to the other two Striders who also ran the trails: Steve and Aaron.



Kew 10k: Part Run, Part Day Out



Katherine Simmons

Every good run starts with fuelling and the evening before the Kew 10k Steve H, Amanda H, Ron, and the race's biggest cheerleader, Seaford runner Ed Plager, gathered at the Steam Packet pub in Chiswick for dinner.

On race morning we met Liz and Michael, completing the crew. Having logged 17 miles London Marathon training just two days earlier, my expectations were just to enjoy the surroundings. Ed had spent a while urging us to experience one of his favourite events and the 2026 was a step up from last year, when, whoops, Ron booked the hotel without booking the actual race! That earned us a Gunnersbury parkrun consolation lap and a wistful glance at everyone else's sparkly purple medals.

The Kew 10k brought much needed, colourful relief from logging the marathon training miles. Organised by Run-Fest, the course was pancake flat, zig-zagging through the gardens without ever doubling back. With Kew in full bloom, the route passed through Japanese cherry blossom avenue, the iconic Palm House, Temperate House, the Pagoda and a blaze of coloured tulips.

Each race entry also includes free admission for two adults and two children, making the cost of the entry part run, part day out. I had a lovely fun run with Amanda who came in 5 minutes faster than she expected - I couldn't catch her at the finish on the way to her 10k PB. Liz, wearing her flower leggings for the occasion, was having a brilliant comeback from surgery. Steve had such a good time he initially forgot to pick up a medal - but that was soon rectified by the run team.

After joining the long queue for breakfast and after a nice catch up, myself Ron, Liz and Michael went to explore the glasshouses and some of the gardens to discover all of the weird and wonderful plants inside.

Having had such a brilliant race Liz was our endurance star, outlasting me, Ron and Michael, who needed a sit down while she explored the galleries.

We returned to Seaford with Liz and Michael (thank you again Michael!) having enjoyed a fabulous scenic run and day out with Striders and running friends.



Lisbon Half Marathon



Debbie Priest

Lisbon is the 3rd super half to be completed by the Striders Super 6 gang. We flew out on Friday 6th March via Gatwick and picked up a couple of Ubers at Lisbon airport to our hotel.

On this occasion we booked a company called TravelMarathon to secure our Lisbon places because it has become increasingly difficult to get in to the race via ballot. It gets quite complicated if there's a group of runners and some are successful in the ballot but others are not, so it's best to all do the same thing. The travel company organised so much for us, including a pasta party, city tour, shake out run, transport to the expo and transport to the start of the race/ back to the hotel.

The hotel was lovely, 4 stars, including breakfast for every morning of our stay. The food was plentiful and delicious; we even had some bubbles with breakfast too.

The shake out run was on Saturday morning, it was a super early start at 07.30 am. We thought this run this would be quite relaxed but unfortunately it didn't turn out that way, it was way too fast! It was a shame not to be able to do a nice relaxed Parkrun instead but there weren't any. Still, the shake out run was a nice route, taking us downhill to the coast, then uphill on the way back. We were all given really nice technical T-shirts for the run, I think it's one of my favourites and I will be wearing it quite often.

We had great weather that day and enjoyed the city tour. We were then taken to the expo after the tour, where we collected our bibs. We were also given purple T-shirts and a pair of bright yellow arm sleeves in the goody bag (never had anything like that before).

The journey to the expo was interesting - we were accidentally taken on a detour by the coach driver and ended up having about an hour and a quarter drive towards the airport

instead of a journey which should have taken 5 to 10 minutes (for a minute there, we thought we were being deported)! It wasn't funny at the time because we were keen to spend money on merch before the expo closed, but unfortunately it turned out that there wasn't anything worth buying. At least it saved us some money.

We had a great meal at the hotel in the evening for the pasta party, getting lots of carbs in before the race. The coach picked us up on race morning in plenty of time. The queues for portaloos were long, but we didn't expect anything else. To make the time go quicker, whilst waiting in the queue for the loo we were treated to dozens of impatient (or desperate) runners climbing up and down a steep grassy bank doing their business in full view of us all. It was a sight to see!

There were 7 waves of runners and we were all in the last wave. My hubby Mike was able to race a 10k which took place at the same start line but about 30 minutes after the last wave for the half marathon.

The start of the races was at the far end of the Ponte 25 de Abril Bridge, which reminded me of the Golden Gate bridge in San Francisco. Running across this bridge was absolutely breathtaking with stunning views of the coastline. The only downside was that the bridge was very congested with runners so it was hard to get going.

The first half of the race was very enjoyable; there seemed to be quite a lot of downhill and a few twists and turns to make it more interesting. The second half was a long straight out and back which wasn't the most exciting, but we were able to at least see each other at certain points. The crowd support was also a little lacking in places.





Overall, it's a fast course and we had the most beautiful weather but in terms of racing, we weren't really acclimatised, so we got quite warm. I personally really liked the medal, not sure what the others thought. The 10k medal wasn't too bad either. It was disappointing that most runners got an ice cream at the end but these were packed away before everyone had finished so some runners missed out.

That evening, to celebrate completing the race, we went to Lisbon Hard Rock Cafe. We also did this in Berlin so it's becoming a bit of a tradition. We have a fun award within the group that we affectionately call 'Rupert the pair' (it's a long story but ask Jill New to explain it to you). This is passed on to someone new after each race. This time it was awarded to Mike, for his outstanding contribution to photo posing and photo bombing.

We had an extra day in Lisbon on the Monday to do some sightseeing and shopping. Unfortunately, the weather wasn't so good that day but we made the most of it and did the same on Tuesday morning before our afternoon flight home.

It was a fabulous trip, so much fun with great people. Next stop Valencia in October. Can't wait.

Couch to 5K



Seaford Striders' Couch to 5K programme is underway on Tuesday evenings at The Salts, with a strong turnout of 37 participants for the first session.

The 9 week programme, designed to support beginners in building up to a full 5K, runs weekly on Tuesday evenings at 7pm. It offers a structured and gradual approach to running, helping newcomers gain confidence and fitness at a manageable pace.

There is also a returners group for those who have previous running experience and wish to return to running

The initiative is completely free and supported by volunteer coaches from Seaford Striders, who provide encouragement and guidance throughout the course. Several current members of the club originally started through Couch to 5K and have since progressed to completing longer distances, including marathons.

Anyone who fancies running with the group is welcome to attend future sessions. Simply turn up on a Tuesday evening or email Jeanette c25k@seafordstriders.org.uk for more information.

The programme will conclude with a celebratory graduation run at Seaford Parkrun in June.

Smoothies!

Serves 1 lovely glass

Method:

Pop everything in a blender and blitz until smooth,
Simple..

ZINGY CITRUS CREAM

Ingredients:

- ½ ripe avocado, juice of ½ a lemon, 2 apples juiced or 100ml apple juice, 2cm cube of peeled fresh ginger, a few cubes ice.

AVO-TASTIC

Ingredients:

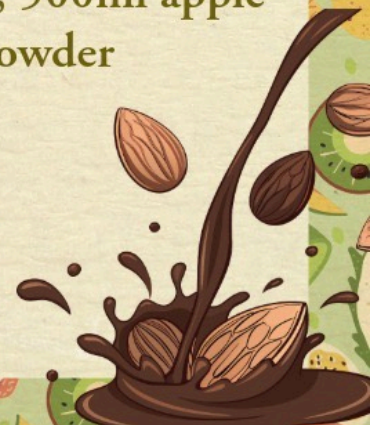
- ½ ripe avocado, ¼ of a pineapple (skin and core removed), a handful of baby spinach, 350ml apple juice, juice of ½ a lime, a tiny piece of fresh chilli (optional).

CHOCOLATE ALMOND RECOVERY

Ingredients:

- 4 tablespoons of almond butter, 2 bananas, 500ml apple juice, 2 heaped tablespoons of cocoa powder

Submitted by Nick Farley



Committee

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

Honorary Club Captain

Martin Bulger

Chair

Victoria Maleski

[✉ info@seafordstriders.org.uk](mailto:info@seafordstriders.org.uk)

Treasurer/Assistant Treasurer

Ralph Jennings / Karen Feast

[✉ treasurer@seafordstriders.org.uk](mailto:treasurer@seafordstriders.org.uk)

Club Secretary

Kay Crush

[✉ secretary@seafordstriders.org.uk](mailto:secretary@seafordstriders.org.uk)

Club Welfare Officers

Kate Parkinson / Kate Lewis

[✉ welfare@seafordstriders.org.uk](mailto:welfare@seafordstriders.org.uk)

Membership Secretary

Leanne Pearce

[✉ membership@seafordstriders.org.uk](mailto:membership@seafordstriders.org.uk)

Men's' Captain / Vice-Captain

Jeff Young / Gareth Hutchinson

[✉ menscaptain@seafordstriders.org.uk](mailto:menscaptain@seafordstriders.org.uk)

Women's Captain / Vice-Captain

Amanda Feast / Kathryn Warren

[✉ womenscaptain@seafordstriders.org.uk](mailto:womenscaptain@seafordstriders.org.uk)

Mince Pie Race Director / Deputy

Nick Farley / Graham Jones

[✉ mincepie@seafordstriders.org.uk](mailto:mincepie@seafordstriders.org.uk)

Special Events Coordinator

Julie Taylor

[✉ specialevents@seafordstriders.org.uk](mailto:specialevents@seafordstriders.org.uk)

Cross Country Rep

Josh Nisbett

[✉ crosscountry@seafordstriders.org.uk](mailto:crosscountry@seafordstriders.org.uk)

Social Reps

Adam Haverly, Jo Robinson, Ray Smith, Kat Chamberlain, Graham Jones, Jeanette Wells

[✉ social@seafordstriders.org.uk](mailto:social@seafordstriders.org.uk)

Newsletter Editors

Jo Robinson / Ray Smith

[✉ newsletter@seafordstriders.org.uk](mailto:newsletter@seafordstriders.org.uk)

Website Organiser

Katherine Simmons

[✉ press@seafordstriders.org.uk](mailto:press@seafordstriders.org.uk)

Press Officer

Julie Fannon

[✉ press@seafordstriders.org.uk](mailto:press@seafordstriders.org.uk)

Social Media Rep

Lauren Stallard

[✉ socialmedia@seafordstriders.org.uk](mailto:socialmedia@seafordstriders.org.uk)

Coach/Track Coordinator

Anneka Redley-Cook

[✉ track@seafordstriders.org.uk](mailto:track@seafordstriders.org.uk)

LiRF Coordinator

Kat Chamberlain

[✉ lirf@seafordstriders.org.uk](mailto:lirf@seafordstriders.org.uk)

Junior Coach/Leader

Emily Danvers

[✉ juniors@seafordstriders.org.uk](mailto:juniors@seafordstriders.org.uk)

C25k Organiser

Jeanette Wells

[✉ c25k@seafordstriders.org.uk](mailto:c25k@seafordstriders.org.uk)

Club Grand Prix Rep

James Marron

[✉ cgp@seafordstriders.org.uk](mailto:cgp@seafordstriders.org.uk)

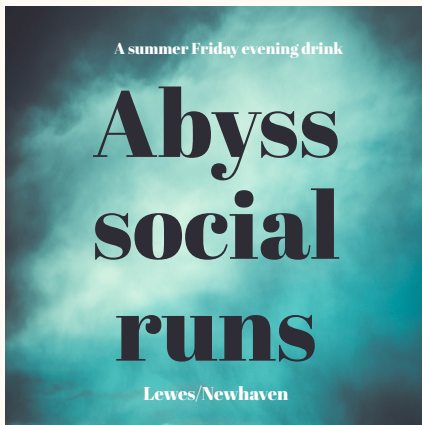
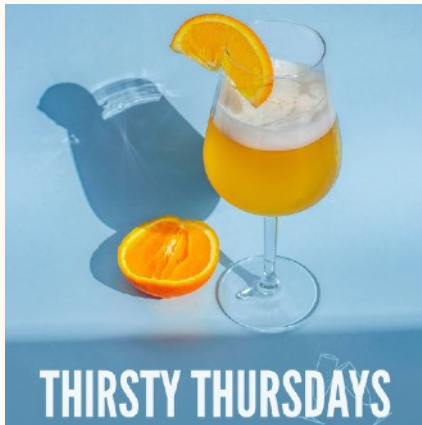


Sussex Grand Prix Rep

James Marron

[✉ sgp@seafordstriders.org.uk](mailto:sgp@seafordstriders.org.uk)

Social Events



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	3 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 Parkrun	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.



Club Grand Prix

Female Results – Update 21/04/26

Pos	Name	Whitbread Hollow XC	Brighton Half	Hastings Half	Brighton Marathon	Seaford Martello Half	Total Points	No. of Runs
1	Anneka Redley-Cook	30	28			30	88	3
2	Katherine Simmons	27	24	30			81	3
3	Kellie Snow		22	29	26		77	3
4	Emily Danvers	29			30		59	2
5	Charis Crudgington	28				28	56	2
6	Lisa Parkinson		27		28		55	2
7	Lindsay Tearle			28	24		52	2
8	Emma Godden		25	26			51	2
9	Simone Amis			27	23		50	2
10	Lauren Stallard				23	25	48	2
11	Michelle Mills		23		21		44	2
12	Debbie Priest		20		19		39	2
13	Justine Ridgway			22	17		39	2
14	Stacey Pollard		21		18		39	2
15	Kate Lewis			25	9		34	2
16	Sara Baitup		17		16		33	2
17	Rosie Neill		30				30	1
18	Amanda Feast		29				29	1
19	Bethany Creese				29		29	1
20	Jazz Dymott					29	29	1
21	Janine Bishop			19	10		29	2
22	Jo Robinson			21	8		29	2
23	Kathryn Warren				27		27	1
24	Katie Mayo					27	27	1
25	Kajsa McMullen		26				26	1
26	Louise King					26	26	1
27	Carly Holmes				25		25	1
28	Ellie Woolcott					24	24	1
29	Paula Tiller			24			24	1
30	Alex Morris			23			23	1
31	Julie Fannon		16		6		22	2
32	Elizabeth Veale			20			20	1
33	Natasha Hickin				20		20	1
34	Sue Leppard		19				19	1
35	Victoria Maleski		15		4		19	2
36	Gemma Watts		18				18	1
37	Kat Chamberlain				15		15	1
38	Kay Crush				14		14	1
39	Jen Williams				13		13	1
40	Jane Kemp				12		12	1
41	Jeanette Wells				11		11	1
42	Amanda Harman				7		7	1
43	Sandra Standen				5		5	1

Club Grand Prix

Male Results – Update 21/04/26

Pos	Name	Whitbread Hollow XC	Brighton Half	Hastings Half	Brighton Marathon	Seaford Martello Half	Total Points	No. of Runs
1	James Marron	26	28	29	28		111	4
2	Austin Warren	24		26	26	27	103	4
3	Nick Farley		29	27		29	85	3
4	Fabrizio Ferioli			23	24	25	72	3
5	Russ Hewlett	23		19	23		65	3
6	Peter Jaques		22		19	20	61	3
7	Gareth Hutchinson	28		30			58	2
8	Luke Borland	29		28			57	2
9	Jay White		27		29		56	2
10	Fabian Eason				27	28	55	2
11	Noel Painting		20	16		18	54	3
12	Simon Wattam		25			26	51	2
13	Alan Browne				25	24	49	2
14	David Hayes		19	12		15	46	3
15	Colin Browne		23			22	45	2
16	Darren Wymer		17		10	17	44	3
17	Matthew Winton	21			21		42	2
18	Adam Haverley		21		20		41	2
19	Martyn Craddock	19		21			40	2
20	Richard Preece	22		18			40	2
21	Ray Smith	20		17			37	2
22	Kevin Tant		18		15		33	2
23	Mark Andrews			14	18		32	2
24	Steven Teale			15		16	31	2
25	Joel Eaton				30		30	1
26	Josh Nisbett	30					30	1
27	Matt Clare					30	30	1
28	Richard Impey		30				30	1
29	James Miles	27					27	1
30	Peter Fannon		16		11		27	2
31	Ron Van Heuvelen	17		10			27	2
32	Simon Homer			11	16		27	2
33	Tom Forristal				14	13	27	2
34	Ollie Card		26				26	1
35	Gary Collings	25					25	1
36	James Dopson			25			25	1
37	James Smith			24			24	1
38	Tom Webb		24				24	1
39	Yonas Beyene					23	23	1
40	Dominic Hind				22		22	1
41	Stephen Marsden			22			22	1
42	Tom Bell					21	21	1
43	Simon Peck			20			20	1
44	Sam Horscraft					19	19	1
45	Kevin Ives	18					18	1
46	Steve Ramsey				17		17	1
47	Gavin Wright					14	14	1
48	Michael Veale			13			13	1
49	Trevor Jones				13		13	1
50	Andrew Gorrie				12		12	1
51	Scott Charlwood					12	12	1
52	Leslie Mayger					11	11	1
53	Lindsay Stirton					10	10	1

Newick Will Page 10K

The Story behind the Newick Will Page 10K Road Race

Susan Page

Many of you may remember running the Newick Will Page 10K Road Race. It was on the race calendar from August 1993 to 2019 and was part of the Grand Prix Circuit. Due to the Lockdown caused by the Covid Pandemic in 2020 the race was cancelled. When the local 10K races were reinstated after the end of the pandemic the Will Page 10K was missed off the list.

Lewes Athletics Club member, Emily Hague who is a friend of the Page family and lives in Newick has been working hard to have the race reinstated and finally this year, Emily's hard work has paid off. The Will Page 10K race is back this year and will take place on Sunday 26th July 2026.

Although my brother-in-law William was never a Strider, I know that many Striders included the popular Newick Will Page 10K in their annual list of races to sign up for.

Back in the late 1980s William was a keen sportsman. He lived in Lewes and played Cricket and Rugby for Newick. He was a talented runner and was a member of the Haywards Heath Harriers. He worked for the Foreign Office and when he was posted to Riyadh, Saudi Arabia he enjoyed running in the desert. He was a member of the Riyadh Road Runners running club and won the Riyadh Half Marathon in 1988 with an impressive time of 1:17. In 1989 he won the Riyadh 5K in 17:21, described in the Saudi Gazette as a slow time because of the heat (!), and the 10K in 36:33. He ended the 1989 season by winning the Riyadh Road Runners Championship Title.

In 1992 he won the Hailsham 10K and in April 1993 he completed the London Marathon with a very respectable time of 2:49. In 1993, Newick Cricket club were planning to raise money to help renovate the Cricket Pavilion by organising a 10K race. Tragically in May 1993 Will was knocked off his



bicycle in a road accident in Haywards Heath and died as a result of his injuries aged just 27. His friends in Newick decided to continue with the road race as planned and named the race in Will's memory. I ran the first two races in 1993 and 1994 alongside Will's brothers and Page family and friends. My father-in-law was the race starter and handed out the Trophies and medals alongside my mother-in-law.

In 1995 I had just given birth to my son so I didn't take part. My son Ben is now 30 and a keen runner, first ran the Will Page 10K when he was old enough.

From 2021 to 2025 friends and family have unofficially run the course every year on the Sunday of the August Bank Holiday, the date the race used to take place, in memory of Will. My daughter Becky a former Strider plans to run the reinstated race this year alongside Ben and Will's two brothers Roger and Simon who regularly take part in Seaford Beach Park Run.

If you would like to sign up for this year's race, registration is available now. Please scan the QR code or click to follow the link: [The Newick Will Page 10k 2026 | Sport Systems](#)

Headline Sponsors:  

The Newick Will Page 10K Road Race

Brought to you by 

Push Your Limits, Cross the Finish!

-  Sunday 26 July 2026
-  Children's Dash 9.30am
Adults Race 10am
-  King George V Playing Fields, Newick

What To Expect

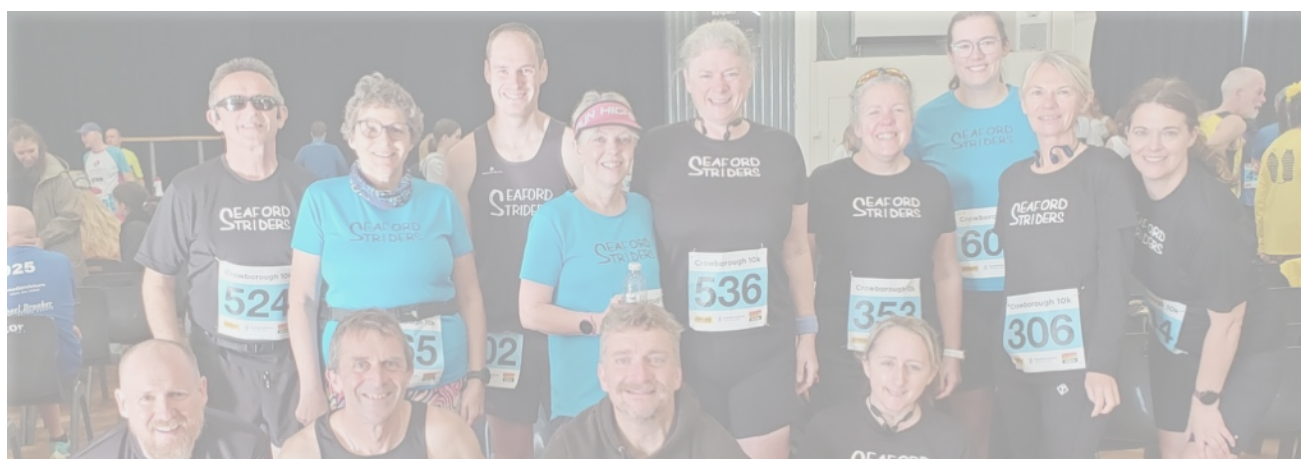
-  Trophy & Medals for Top Finishers
-  The 427 Marketing Children's Fun Run with Medals
-  Food & Refreshments

[REGISTER NOW](#)  Scan the QR to register and see the prices and route: 

With thanks to all our sponsors

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 24 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 ✉ sgp@seafordstriders.org.uk

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



Sunday Cross Country 25/26

Event	Dates	Event
1	12 October	Blackcap, Lewes
2	23 November	Snape Wood, Wadhurst
3	14 December	Abbotts Wood, Hailsham
4	11 January	Seaford Head
5	8 February	Whitbread Hollow ,Eastbourne
6	29 March	Pett

The East Sussex Sunday Cross Country League (ESSCCL) 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.

Pett Cross Country

A bit later than in previous years Hastings Runners hosted the final round and end of season awards in Pett. Post Hastings half and the Moyleman saw a reduced number of Striders at this one, with 11 of us making the hour journey east.

Another year at Pett and once again a different route. This time diverting back through the farm instead of around all the fields as in previous years. For two rounds in a row the weather was pretty much spot on. This course is what I'd call a 'proper' cross country race, a mixture of all terrain, elevations, grass fields, tactical wooded sections and last but not least mud.

Hopefully Charis and Ellie enjoyed their first time here. I can't say as much for Anneka, who was of course moaning how rubbish she ran but still bagged 2nd overall in her age group (don't you just hate these people, I'm just Joshin'). Luke Borland was in fine form again with a top 20 finish and James Miles just over a minute behind in 30th. While Austin and I took it more leisurely, however I wasn't planning on running back to Eastbourne after the race, so I have no excuse really.



Overall our Juniors did amazingly this season, with Tobias Crossley winning his U13 age group, Eva Miles coming second in the U11's girls and Arron Otoide third in the U11 boy's category.

Without even being able to run the last 2 round Lizzie Miles retained her V40 title.



As previously mentioned in another podium position Anneka Redley-Cook came 2nd overall in the V35 category.



Unfortunately, we finished behind Crowborough in the end, coming third overall as a team out of 16. Eastbourne Rovers/Team Bodyworks won the league this season. Up to date results and scores can be found here <https://www.eastsussexcrosscountry.co.uk/results>

Final standings (top 10 only)

Under 11 Girls: Eva Miles 2nd, Kitty Winton 8th and Lucy Pollard 9th
Under 11 Boys: Arron Otoide 3rd,
Under 13 Boys: Tobias Crossley 1st, Ruben Danbury 8th, Tommy Browne 9th
Under 15 Girls: Ava Danbury 6th
Women's V35: Anneka Redley-Cook 2nd
Women's V40: Lizzie Miles 1st, Emily Danvers 4th, Stacey Pollard 9th
Senior Men's: Josh Nisbett 10th
Men's V40: Luke Borland 5th, James Miles 6th
Men's V50: James Marron 4th
Men's V55: Austin Warren 4th
Men's V60: Richard Preece 6th

Josh Nisbett

Easter Celebrations Hunt



What started as an “Easter Celebrations Hunt” very quickly spiralled into something far more chaotic, sugary and only loosely organised by SoCo.

Ray was in charge of “logistics,” which mostly meant striding around with a pace calculator, muttering about distances and velocities while secretly assigning teams based on who looked most desperate for chocolate. Suspicious, but effective.

Celebrations and chocolate bunnies were ordered. The celebrations were sorted into type and hidden around SoCo gardens. It had strong *Willy Wonka energy*, but with more spreadsheets and less whimsy. Still, every egg was carefully allocated (or at least that was the plan...)

The “drop points” were a mix of clever, chaotic, and slightly questionable. First stop: Adam’s garden, featuring a full on slide from the house. Naturally, several grown adults abandoned all dignity and launched themselves down it. No regrets. It was here that BoPeep, led by Jeanette, sabotaged Poverty Bottom by stealing all the Maltesers. She clearly didn’t like Bountys!

Next up was Kat C’s front garden, with help from her daughters in the hiding and camera skills.

Then came Ray and Jo’s house. This was less a checkpoint and more an egg hiding free for all. It was here we discovered nobody knew which chocolates they were searching for. Seafronters decided they didn’t want to out there hands in the decorative urinals.

Eventually, all slightly sugar-fuelled and increasingly competitive teams made their way to Victoria’s house where drinks appeared, snacks vanished instantly and Striders was forced into bunny ears for photographic evidence.

In summary: mild chaos, excellent vibes, a concerning amount of chocolate consumed and at least a handful of chocolate still missing in action. A huge success by all accounts and now very much an annual occurrence. Next year will no doubt be louder, messier and with even more questionable hiding spots.



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.

Moilman Marathon.

Sam Whorescraft wasn't little. No one quite remembered why people still called him "little Sam," but at six foot something with a stride like a runaway shopping trolley, the name had clearly lost all meaning years ago. What hadn't changed, though, was his sense of humor—or his stubbornness. That's what carried him through the Moilman Marathon.

It was a brutal course. Not the kind with gentle inclines and scenic flats, but the kind that seemed designed by someone who held a personal grudge against knees. Hills stacked on hills, each one steeper than the last, like the course was daring runners to quit. Sam didn't quit. He puffed, swore, laughed at his own suffering, and kept going. By mile twenty, he was bargaining with himself. By mile twenty three, he was hallucinating that a sheep was pacing him. By mile twenty-six, he was somehow still running.

And he finished. Not just finished—he ran brilliantly. A personal best. A heroic effort.

But not quite enough for London qualifying time. Still there's always the Striders Ballot.

"Ah well," Sam said, bent double, hands on knees, grinning through the exhaustion. "Guess I'll just have to suffer all over again next year."

They handed him his medal. And then, more importantly, the prize he'd secretly been looking forward to all along: a free commemorative Moilman pint glass. "Now that," he said, holding it up like a trophy, "is worth the hills." Later, at the post-race gathering, Sam stood among other runners, retelling parts of the race with exaggerated drama.

"And then—right—I swear this hill had a personality. It looked at me and said, 'Not today, Sam.'"

Laughter. Pints raised. A good day.

And then it happened.

Someone slapped him on the back mid-story. Just a friendly, well-meaning thump. But it was enough.

The glass slipped.

There was a brief, tragic moment where it hovered in the air—Sam's eyes widening in slow motion—before gravity made its decision.

Smash.

The room went quiet for half a second. Then came the collective "cheer" of unsympathetic onlookers.

Sam stared at the shards.

"My glass," he said softly.

A pause.

Then, because he was Sam, he sighed and added, "Well... that's going to be the headline, isn't it?"

Sure enough, by the end of the evening, it was.

Not the hills. Not the heroic run. Not the near miss on London qualification.

No—everyone remembered.

"Did you see Sam? Ran like a machine... then absolutely destroyed his pint glass."

For the rest of the night, every retelling got worse.

"He spiked it like a volleyball."

"Threw it in celebration!"

"Full-on dramatic smash—proper showman."

Sam shook his head, half-annoyed, half-amused.

"I run the race of my life," he muttered, "and I'll be remembered as the bloke who couldn't hold a glass."

But later, walking home with sore legs and a tired smile, he thought about it again.

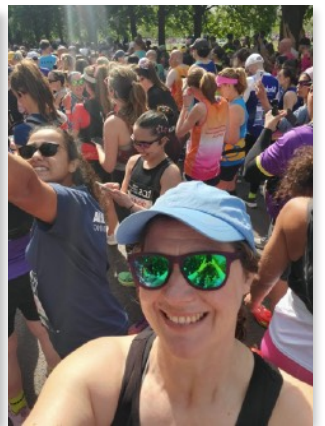
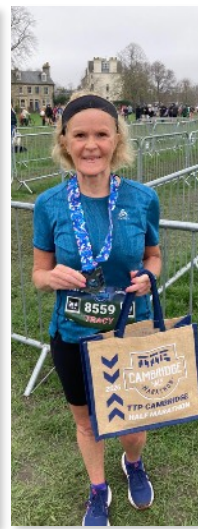
A brutal course conquered. A story that made people laugh. A day no one would forget.

"Could be worse," he said to himself.

Then he paused.

"Still," he added, "next time I'm gripping that glass like it's the finish line."

Gallery



Brighton Marathon 40 for 40

Kay Crush



Where it all began- Jeanette and I were chatting on the flight out to Berlin to take part in the Berlin half marathon as our first race of the Super 6 series. "Do you think we will ever run a marathon?" says Jeanette, "I don't think so" I respond, "it's an awful long way!" A bit more discussion took place along the lines of we could train for it, we've got a year, if we don't do it soon, we will never do it. Ok let's do it! We won't tell anyone, we will keep it a secret, we can do our training and just tell everyone once it's over!

The first hurdle to keeping it quiet came after we ran Berlin half, the rest of the Super 6 gang (Jill, Gary, Lorraine, Martyn, Debbie and Mike) started to discuss the next races in the series. We would need to choose between Lisbon and Prague, Lisbon at the start of March and Prague at the end. Jeanette and I were initially quiet then forced to say Lisbon is better for us as we could have other plans near the end of March. The cat was out the bag we had to tell them we had signed up for Brighton Marathon!

The following Wednesday night Striders we ran with Bo Peep group, shall we just ask Jo if she wants to join us for the marathon. Initially Jo looked at us as if we had gone totally mad, you could see the cogs whirring in her brain before she replied "I'll do it if Simone will". I think at that stage she fully expected Simone to say no. Our next target was Simone and lo and behold as soon as we asked, she agreed, this meant no getting out of it for Jo too. The chat continued "why don't we see if we can get more people to join us" hang on a minute its Striders 40th anniversary next year let's see if we can get 40 members to run to celebrate 40 years!

That night Jo created the What have we done WhatsApp group, our mission had begun. It was no longer a secret!

Slowly but surely word was getting around, some gentle persuasion was needed in some

cases but the numbers were growing, lots of people who had never ran a marathon before decided that this was the year to do it with the support of so many in the club, seasoned marathoners joined and even those that had run a marathon previously and had said never again were getting FOMO and changed their minds and booked up. There were occasions that I'm sure people were avoiding us when we got near them for fear of getting their arms twisted to run a marathon.

Finally, we achieved and exceeded the number of 40 although due to circumstances and injury a few people have had to drop out.

As we made our way into summer, we realised that although we had signed up, we didn't really have any idea how we go about training for a marathon but the advantage we had was we knew a man who did!

The lovely Joel kindly gave up his time to give an informative talk on marathon preparation to anyone wanted to attend. This evening was well received by both newbies and seasoned marathoners alike. It certainly gave us the confidence that there was a possibility of achieving our goal.

To bring everyone together we organised a couple of pasta parties, this gave everyone the opportunity to share stories and air concerns amongst the group.

December arrived; hmm we needed to implement some training. A few of us chose our training plans, Jeanette and I opting for Coopah, initially that training plan looked endless but each week we were doing our intervals, easy runs and a long run at the weekend. During these runs we had various members join us of different abilities and it was so good to get to know so many people. The training continued over Christmas into the dark and dismal January, February months and then finally in March we completed our longest run of 21 miles before starting to taper. 21 miles who would have thought we could have achieved that?

Maybe just maybe we could trust the training process and run a MARATHON!

Marathon Week- Tapering was in full swing with all the doubts taper tantrums, maranoia the whole lot going on. As it is so crazy on race day with people in different waves, always someone in the queue for the loo getting a photo of everyone on the day would be almost impossible so we asked for as many people as possible to gather at the sailing club after park run on the Saturday.

Not everyone could make it but many did and with our official photographer Ray taking charge some great group photos were taken. This was followed by the inevitable coffee and cake. Whilst looking around the room with everyone chatting and looking fairly relaxed I admit to feeling a little emotional.



The feeling of getting across the line was something I will always remember, we immediately saw Tom, Kat C and Kevin, so took the opportunity to have a group photo. We had done it!! We then saw Kat W and as if she didn't know I was telling her, "I've just run a MARATHON", she was laughing saying "Yes you blooming well have".

Race Day-The day was finally here, a year in the planning. The nerves were kicking in. Lauren, Janine, Tom and I had arranged for a taxi to drop us at Preston Park which worked perfectly. We stood near the Team Green area and gradually more Striders arrived, hugs and cheers all round, quite the party atmosphere. Soon the waves started to be called and as each runner went huge cheers from the rest of us. Finally, it was just Wave 8, we made our way to the starting pen. This was our moment, with words of encouragement all round we were off!

I cannot begin to tell you how special that run was, the route went up and back a few times, so you were never far from a fellow Strider shouting out words of encouragement, the crowd support was immense. Running down the hill to the Ovingdean roundabout gave me goosebumps, the screams and cheers from our Strider supporters was insane it made us feel like celebrities. Simone was saying to me this feels like we are at the finish line we've got to remember it's not. It was tough making our way back from Ovingdean as the wind was in our face but again back down to the pier and along Madeira Drive the crowd support was immense. Seeing and hugging Lindsay, Sam and Ellie all preparing for their plogging shifts was such a boost. As was seeing my family popping up at various places on the route, it always seemed to be the times I needed it most. The road out to Hove seemed endless but again Jill, Gary, Martyn, Mike and Tracy were there with hugs and encouragement. At some point along there I was overtaken by a guy dressed as a rhino. I was not having that so started to up the pace a bit more.

Back down on to the seafront it was tough running out to Hove Lagoon, but I was having some lovely chats with fellow runners, I then caught up with Trevor, and we kept each other going to the turning point. We noticed that the pacer for 5.30 was just behind us so we were determined to keep him behind us. Along the final stretch I caught up with Andy, and we knew we only had about a km to go but my goodness that was the longest km ever, there were some swear words used., we just couldn't see the finish line. Finally, it was there we were really going to do it!!!

To sum up the day -did I walk more than I intended? yes probably, did I hug and chat to loads of people? Of course, did I soak up the atmosphere of my first marathon? Totally. Did I love every moment? Absobloodylutely !

What I am taking away from this experience is that you can do anything you put your mind to especially if you have the best group of people around you. This was not just about the race it was the months of training, the support from fellow Striders and from friends and family, none of it would have happened without them and I am truly grateful.



Brighton Marathon 12 April 2026

Julie Fannon

This was going to be the pinnacle of my running journey – never to be repeated.

I'd run for a little while in 2018 and then when everything came to a stop in lockdown I just stopped. I didn't start up again until I did the C25K with Striders in April 2023, a few years older. Last year when I watched my 30 old niece cross the line completing the London Marathon I thought, yeah, why not? I can do that. So I secretly signed up to do the London Marathon with the option to do Brighton Marathon if I didn't get London that very day and I started to gently increase my mileage little by little.

Everything I read said that you should follow a marathon plan, but I couldn't find one that was a good fit at the time. I decided that I knew my body and what I was capable of, so without a plan I gently continued to increase my miles. Training through January was really hard, most of my runs were late and dark, often also cold and wet. I just continued to believe that anything was possible. I had some fabulous Striders company on some of those really grim runs. You guys kept me believing.

In March I realised that this event was actually going to happen and that I'd put the miles in and I was ready, that was when I decided to make my one and only marathon count by supporting MIND, and charity that is close to my heart, so I set about setting that up and constantly bombarding my friend and colleagues with my Just Giving updates and it worked and I smashed my fund raising target amount. Thank you to everyone that supported me, I really appreciate it. The month and week before race day I started to taper my miles and changed my diet to incorporate a lot more carbs (that was truly exciting) Carb loading is serious business and I decided to take it extremely seriously.

Race Day I hadn't slept much – I was so nervous, I drove over to Brighton early, to enjoy the race day excitement. Brighton is my hometown and it never fails to show what a fabulous mix of people are there supporting whatever is going on. I was in the last tranche of runners to set off, because I didn't have an expected finish time. My attitude has always been finish lines not finish times. So I soaked up all the atmosphere as each group took



themselves to the start line and go, knowing that my race was just about to start.

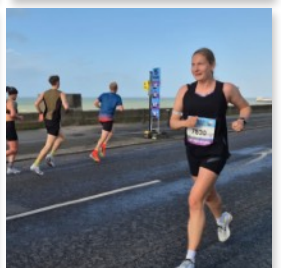
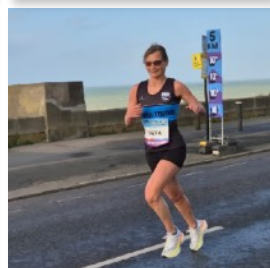
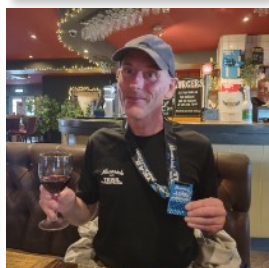
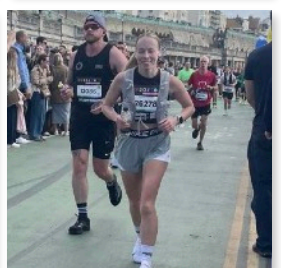
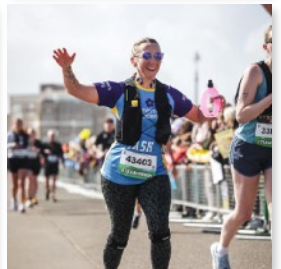
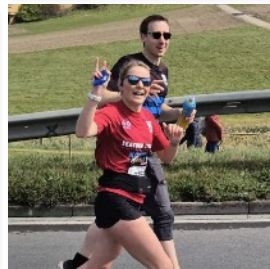
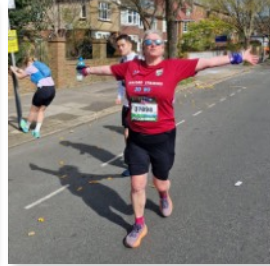
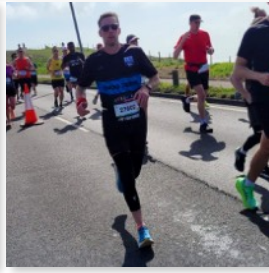
As I approached the start line with my husband who ran the whole way round with me, my nerves settled and I knew I was race ready, I'd trained for this and this was my once in a lifetime chance to put myself into the 1% club of marathoners. I'd had my name put into my running top, so all the way round total strangers were willing me on to keep going, offering me jelly babies and cola bottles. It was absolutely brilliant groups of my colleagues came to see me and cheer me on. I was so lucky to have Team Seaford Striders on my side whooping and cheering me round. It was so lovely to see individuals around the course and the Ovingdean roundabout was an absolute joy, seeing so many Striders with signs and cheers it was a much needed boost.

Seeing so many familiar and friendly faces around the course, running, plogging and cheering, what a team we have. As we got back into Brighton I saw my children which made be extremely emotional, because anyone with teenagers will know that getting them up before lunchtime is no mean feat and they'd got themselves up to support us. A few times I was overtaken by an inflatable dinosaur and Stitch (Lilo and Stitch) but I just kept going. Mile 17 was hard, very very hard, looking back I couldn't tell you why, it was just relentless, but I kept going. When we got to Hove there were people with music playing from the end of their gardens and just offering segments of orange and a cheer, very much needed because by then it had gotten quite hot.

When at last we passed the final 26 mile sign and I knew that we only had 365 yards to go there was absolutely no way I was letting anyone pass me and that I was going to run across the finish line. As I approached the finish line I again saw my children and my colleagues. I got really emotional, I'd done it. I'd passed the line, I was a member of the 1% club of people that finish this epic journey.

If you'd asked me on the day or the following few days if I would ever do that again I would have said no, absolutely not ever. However, it's been 11 days since and I'm seriously thinking that I'd like to better my time. I'm perfectly happy with the 6hrs 12 minutes, 53 seconds it took me, but I'd like to get under 6hrs, so watch this space.

BRIGHTON Marathon



My Marathon Journey

My Marathon Story – Andy Gorrie, aged 54½



It all started with a club trip to The Abyss popup and an innocent chat with Kay, Sandra and Jeanette. Eddie (our dog) seems to have been in on it too. Next thing I know, I've signed up to run the Brighton Marathon as part of the Striders' 40th Anniversary.

Training Plan I'm not one for structure or following plans, but this was next level. I found a plan that seemed to make sense and filled out the calendar with 12 weeks of increasing run durations.

Everything was going well until late February, when my annual flu/chest infection rolled into town. That turned into four weeks of illness, three rounds of antibiotics, and missing both Paddock Wood Half and my scheduled long runs.

My last trip to the doctor started with him saying there was "no chance" I'd make the marathon. Then a lung test showed >90%, and he changed his tune — he wouldn't bet against me starting.

With just two weeks to go, I managed two mid-week runs (8 km in 40 mins and 12 km in 1 hr 20), plus my first and last long weekend run: 29 km in 3 hrs 30. It felt surprisingly good.

Lead-Up Not much sleep the night before — I got home late from a wedding in Southampton that day and had been drinking Coke all evening.

Race Day Met up with eight others for the 8am train, then joined the herd heading to the well-organised start area for group photos with the other Striders.



Race Part 1 (Start to Ovingdean) Started in Wave 7 as a group of 8. All went well: chatting, laughing (mostly at my bad jokes), enjoying the atmosphere, and keeping an eye on the target 7 min/km pace.



Race Part 2 (Ovingdean to the Pier) The camber on the A23 and Madeira Drive destroyed my right knee. From then on it was run-as-long-as-possible, then recovery walks — but I was determined to continue.



Race Part 3 (Pier → Hove/Portslade → Hove Lawns → Finish) The atmosphere in Hove was amazing — street parties, food, music everywhere. I kept up the walk/run rhythm until the windy stretch to the lagoon, where I decided to save my strength and walk to the Hove prom.

Kay caught up with me on the prom and got me running again. The crowd kept shouting that the finish was "just round the corner". In reality, it was more like 2km.



Finish Line Kay dragged me over the line — fitting, since she helped get me into this mess in the first place. I crossed, got my medal and t-shirt, and joined the others for a group photo.

At first I felt disappointed rather than proud. Even though it was a miracle I made the start

line, it wasn't the illness or lack of training that caught up with me — it was my old knee injury. It took a little time to appreciate the accomplishment, and I'm so grateful for the support from family, friends, and my extended Striders family.

So glad to have been a small part of the dream that started months before over a beer.

A once-in-a-lifetime experience. I swore as the medal hung heavy around my neck on Hove Lawns...



Thank You

Sandra Standen

This is really a big shout out to Darren Wymer, this man helped me to get round 26.2 miles of Brighton Marathon, absolutely awesome.

It was a day that I'll never forget, from start to finish it was quite overwhelming, and as for that interview, it was all a bit crazy, and to see it all over FB I giggled for days.

The Striders support just about everywhere along the route, Ovingdean roundabout was tremendous, as was Hove.

Can you imagine running a marathon without you lot? I certainly can't.

Anyway, once again a huge thank you to every one of you.

Sandra's interview on Instagram

<https://www.instagram.com/reel/DXC3CeojBNo/?igsh=bWl1aHQ3eXd0b2Zy>



Thanks to the ploggers...



...volunteers and supporters

Seaford Striders 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.



SEAFORD STRIDERS

Why not choose 2026 as the year to challenge yourself? If 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.



Deadline for next issue

24 June 2026



Contact Jo and Ray

newsletter@seafordstriders.org.uk