

SEAFORD STRIDERS NEWSLETTER



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Running in a hot Summer as written by Satan

Running beneath the merciless summer sun is a delicious torment. Every breath scorches your lungs, every step drags your soul closer to surrender and the heat wraps around you like my finest embrace. The road shimmers with false promises of relief, while sweat pours from your flesh as though your body itself begs for mercy. Yet still you run, chasing victory through the furnace, proving that sometimes the cruelest punishment is the one you choose for yourself.





Victoria *runs the place*

This is our club – as members we all have a part to play in ensuring that it runs smoothly and we all get what we expect from being a member.

Some people play a much larger part than others, such as our wonderful committee members, the fantastic run leaders and our superb junior leaders. They are all volunteers and they give up their time willingly as they love our club.

Most of the time this is a really positive experience but occasionally things happen that may make them question what they are doing and why they are doing it. What could that be? Someone's throw away comment, a joke that falls flat, an expected thank you or acknowledgment that doesn't materialise.

We all like to feel appreciated in what we do but sometimes we just don't. Often this can be made worse by other things going on our lives – we are all busy people and being involved in our wonderful running club can be our escapism.

A lot of you volunteer in other roles outside the club – maybe you're a regular parkrun volunteer, you might fundraise or have other roles for charities that are dear to you or you marshal at other events. These can all be so satisfying and we can get so much from helping out and feeling that you are making a difference but if you don't feel it is worthwhile then you may reconsider.

I really want all of our volunteers to feel as happy as they can be in their roles. Sometimes it can feel stressful, particularly as deadlines approach or they are awaiting input from other people. Decisions sometimes have to be made that may not suit everyone and in the majority of cases we get through it. Messages may be delivered in a rather abrupt manner which could leave the recipients feeling a bit bruised.

Show the love to everyone who works so hard to make our club the success and positive environment it deserves to be. Let's all work together to make sure all our volunteers feel appreciated – we wouldn't have a club without them!

THE FEUD

2026

The Strava Dalaver

Each different Strava activity type during year: 5 feud points

The King of Kudos

Kudos received for any 2026 Striders Club Grand Prix event: 1 kudos = 1 feud point

The Scrabble Dabble Park Run Nab All

Convert the official Park Run name you have completed into a scrabble score: 1 scrabble point = 1 feud point (Volunteering at a Seniors Park Run equivalent to Triple word score)

Mass of Gong = Massive schlong

The weight of all running medals awarded: 1 gram = 1 feud point

Newhaven ≠ Gastro Heaven

Food on the go challenge – Maccy Ds, Lebanese, Can of Peas
Completion of course – 25 feud points (vomiting = minus 25 feud points)

The Big Cock is Worth'owt Run to the Sea

Henfield to Worthing Beach 20 mile run via Martyn Close, St Matthew's Road, Craddock Place, Winton Close. Points awarded by co-runners based on individual effort, charisma, positivity throughout, educational benefit of run etc.

Life has a Point

Significant life moments in 2026 – points awarded by Sunrise crew jury
Plus points examples : new job, moving house, children's achievements, work awards, new car, friends weddings, fashion successes, 70% park run age grading etc
Negative points: injury, sacked, divorce, wardrobe failures, race shaming, death etc

How to Win

All points above to be added to the competitor's official Seaford Striders Grand Prix score at year end (for all CGP events entered). Winner officially announced at 2027 Striders Awards evening. The Prize: dinner paid/prepared by loser

All disputes settled by the Sunrise Crew Supreme Court of Arbitration of Petty Feuds.
All decisions are final.

The Feud

By Martyn Craddock

We live in the bucolic Sussex lands of Kipling. Here through the strong and shadeless days the tinkling silence thrills.

We live among the downland pastures and lark-filled skies of Vaughan Williams and Meredith. Though nought be promis'd from the seas, but only a soft-ruffling breeze sweep glittering on a still content, serenity in ravishment.

However, dear reader, all is not peaceful in these quarters. I am sad to report of a bitter feud among two Seaford Striders.



It started at the last Awards Night. The Club Grand Prix final standings had been announced. Perhaps unbecoming for a Striders' Strider award recipient, Matt Winton (13th) vowed revenge for coming one place behind that more humble Strider Martyn Craddock (12th). He sowed the wind. Now he reaps the whirlwind.

The feud was born, the challenges were agreed, the gauntlets were thrown. Our prologue: Two households, both alike in dignity, in fair Seaford, where we lay our scene.

The Strava Palaver

5 points for each different Strava activity type during year

The King of Kudos

Points for Strava kudos received for any Club Grand Prix event

The Scrabble Dabble Park Run Nab'All

Each Park Run name converted into a scrabble score, with Triple word score for volunteering

Mass of Gong = Massive schlong

The weight of all running medals won: 1 gram = 1 point

Newhaven ≠ Gastro Heaven

Running vs eating (Maccy Ds, Lebanese, Can of Peas)
25 points for completing. (Minus 25 points for vomiting)

The Big Cock is Worth'owt Run

Henfield to Worthing run via Martyn Close, St Matthew's Road, Craddock Place, Winton Close.
Points for educating and entertaining co-runners

Life has a Point

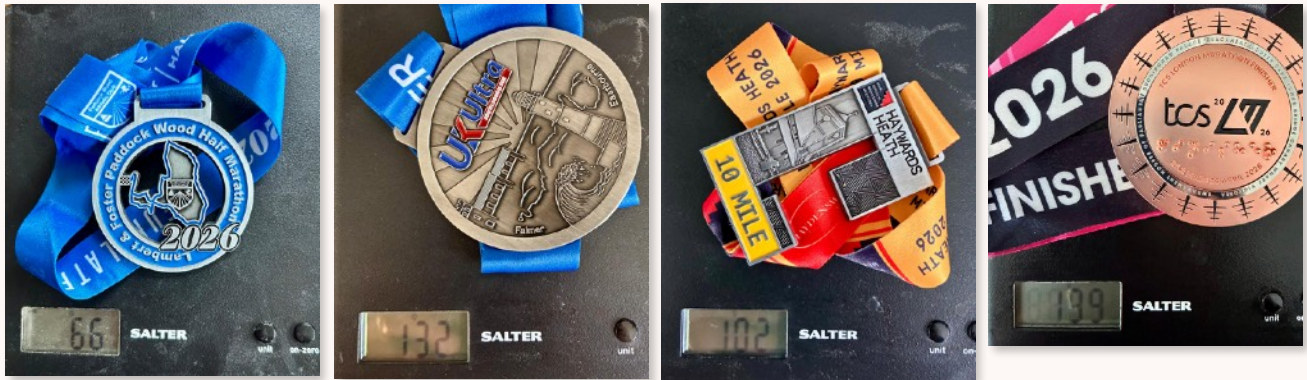
Points for significant life moments eg new job, moving house, children's achievements, friend's weddings, fashion successes, 70% park run age grading, running PBs etc.
Points lost for injury, being sacked, divorce, wardrobe failures, race shaming, death etc

Points are added to our Striders CGP scores at year end.

Winner to be declared at 2027 Striders Awards evening.

All the disputes are settled by the Sunrise Supreme Court of Arbitration
of Petty Feuds (Judge Eaton presiding).

War crimes have consequences (Principal Organ Prosecutor Chloe Von Haag).



So where do we stand, nearly 6 months in?

Mr Winton has been busy racking up 13 different Strava activities, adding cycling, roller skating and trampolining to his usual sorry running efforts. A more focussed Martyn has only managed 4.

Mr Winton also has lots of Strava buddies who pop up to give him Kudos for CGP events (472). Martyn is still working on his popularity with 271, but at least he doesn't pay them.

Parkrun scrabble has been fun. Martyn visited and volunteered as tailwalker for the highest score in the UK (Millennium Country parkrun, Forest Marston Vale in Moretain - 460). Going to Japanese parkruns got him lots of K's and Z's. Total points 1025 so far, though his recently found skill in writing Parkrun reports at Brighton & Hove and Uckfield is a rich seam for the months ahead. Mr Winton has 493 scrabble points, reflecting the depth of his quotidian vocabulary.

Researching the heaviest medals for the lowest entry price and/or fundraising target feels unethical. But war has no ethics. Martyn's 814gm of metal includes London Marathon (Tokyo myway), South Downs 50k Ultra, various CGP halves and 10k's. Mr Winton's slightly dodgy kitchen scales and stretched rules means he has 758gm (does a half pint of beer for Moyleman count as a medal?)

The food-based vomit run and Henfield to Worthing street name run happen in Summer. The CGP points are coming along nicely for both, but please see the league table for one person's dominance.

The life has a point challenge remind us that being part of a Seaford Striders feud can be rewarding, positive, and, according to a dodgy car dealer in Eastbourne, thoroughly wholesome. Both got points for fundraising for charity. Both got points for making cakes for friends. Mr Winton cleaned up with his anti-filth boycott, and finally finishing his damn kitchen. Martyn keeps getting PBs, getting his thighs out, and making Strava friends in Dieppe.

Total scores at 31st May

Mr Winton: 1942

Mr Craddock: 2396

We're halfway. We're at Alamein. We're at Act III

Do say: For now, these hot days, is the mad blood stirring

Don't say: A plague o'both your houses!



STRONGER, FASTER, BETTER

JUNE 2024

Men's Health



Lean Strong Confident

Build Muscle, Boost Energy
and Own Every Day

SUMMER STARTS NOW

Get Beach-Ready
in 4 Weeks

FUEL UP RIGHT

Easy Nutrition
That Works

5 MOVES

For Strength
Anywhere

35

WAYS TO
UPGRADE
YOUR LIFE

MENTAL EDGE

Build Focus,
Beat Stress
and Win

REAL MEN REAL STORIES

Inspiration from
Everyday Guys

Live Longer Live Stronger

The Health Habits
That Matter Most

Gallery



Matt Clare second this time around followed by James Marron at the Rathfinny Half Marathon.



Smiley Beth bagging second lady at Regents Park 5K.



More garden furniture for Sam Alvarez at Seaford 10K with another cracking time.



Gareth Hutchinson first in age category V50 at Heathfield Mid Summer 10K with a incredible time of 00:38:10



Club Silverware for the clubs efforts at the Peacehaven 10K



Backyard Heroes, a dodgy back, a broken quad, a touch of cramp, a twisted ankle, a bit of nausea, a soggy plate of food and a 24 hour dream come true.



Rosie Neill grabbing 3rd on the beastly hilly Peacehaven 10K.



Third place podium for Nick Farley at Rathfinny 10K



Not a dry eye in the house as Sarah Mcdermott crossed the line after two hot days and night at the London to Brighton Ultra. What a remarkable achievement. Just ask to check her new tattoo out.

Gallery



James Dopson and
Ralph Jennings at
Hackney Half



Charis Crudginton and
Michelle Mills smiling
once they finished at the
Seven Sisters Half
Marathon.



Trevor at Plymouth Half
Marathon.



Speed dating at the
Hastings 5 Mile.



Nailing the Rio Marathon
with Lindsay Stirton.



Bumblebee fun at the Bumblebee run.



Lisa, Rob and Martyn at
the South Downs 50K.



Matt Clare wins at the Longman 10K with club
assist.



Show us your jugs. Weald fun.

Gallery



Chiara di Giorgi giving Jasmin Paris a few tips on ultra running.



Eastbourne 10K - Where's Julie?



Strider School duties at the Striders obstacle course at Seaford Primary.



Worthing 10K



Seaford 10K



Mid Sussex Weekend Marathon Madness

South Downs 100 Relay

Submitted by Nick Farley

The day in our own words

The Team

Nick – Luke – Anneka – James
– Lisa – Matt

“The Gaffer” – Jeff

“Secondment Gaffer” – Bronwyn

“The Diamond Driver” – Matt

Luke

40mph headwinds, torrential sideways rain, over 12,000ft of elevation, 100 miles, and 12 hours of racing – sign me up for this brilliant race again in 2027!

Leg 1 – 6.3 Beachy Head - Exceat

I started in familiar territory, from Beachy Head to Exceat, and after a short briefing it was up to me to get us off to a flying start. With surprisingly good conditions, we flew down the Seven Sisters and my longest run of the day, at 6.2 miles, was nearly done before I knew it. I soon spotted Captain Nick poised and ready to take the baton for Leg 2. We were off and running.

Leg 7 – 5.8 Saddlescombe - Botholps

We arrived at Leg 7 feeling well fuelled (more on that later) and with legs still holding up. Thanks to great runs from the whole team and expert race support from Matt and Jeff, the five-minute warning sounded to let us know Anneka was heading down to our next handover.

The weather had dried up and I headed out on a long climb towards Trleigh Hill Youth Hostel. The wind had really picked up, but I was in the zone. With spectacular views and a steady pace, I was feeling strong before a long downhill stretch gave me the chance to open up my stride and plan my route to the handover. A tricky chicane across a road and riverside footpath added a little jeopardy, but great marshals, my printed map and fellow competitors helped make sure nobody went astray.

Soon I was back in the minibus and ready to eat again.

Leg 15 – 4 Queen Elizabeth Park – Sustainability Centre

After a long rest, we arrived at Queen Elizabeth Country Park near Petersfield for the start of my final leg – a short four-mile stint that began with an even steeper climb. The perfect antidote to my tired, stiffening legs.

With runners bunching together and everyone on their final run of the day, it was great to swap stories and experiences as I headed towards the finish. Better still, I managed to overtake seven runners along the way. Before long, I could see Lisa and Jeff at the baton change and, just like that, I was done.

Could I do one more?

Food for the day: 3 poached eggs, 2 slices of toast, some salad leaves, 1 Berocca drink, 2 ham sandwiches, 1 beef and horseradish sandwich, 2 apples, 2 bananas, 5 satsumas, 9 Jaffa Cakes, 4 pain au chocolat, 4 coffees, plenty of squash, and a “medium” fish and chips on the way home.
Why am I still hungry???



Nick

Thanks to strategic selection by Jeff and Bronwyn—and my flexibility and willingness to do whatever was needed for the team—I landed legs 2, 8, and 14.

I knew legs 2 and 8 well from previous recce runs, but leg 14 was a different story. No preview. Straight into the unknown.

Leg 2 – 5.3 Exceat – Bo Peep

A tough opener for me: around 10km with relentless elevation, climbing all the way to Bo Peep from Exceat. It was wet, windy, but thankfully partially sheltered—so about 50% survival mode.

I was nervous. You always want to deliver for the team. But I knew I'd done the work and was ready. Seeing Luke come in from leg 1 was a buzz. It was a two-batten changeover, and as he approached, the marshal gave me the nod—I was off.

Straight into Friston Forest. Within 100 yards my calves and quads were already letting me know what was coming.

Through the climbs and descents, heading towards Alfriston, I spotted two runners ahead. Instantly motivating—I started reeling them in.

Then, a moment: a gate blocked by a herd of cows. No way through... or so it seemed. I slowed, took a breath, and decided there was only one option—gave them a slap on the backside and told them I was racing. They moved. Job done.

Through Alfriston, up Star Lane, into another climb. By now I was soaked through, navigating flint and chalk in heavy rain. The conservative start paid off—I caught both runners near the top and couldn't resist pushing harder into the finish where Lisa was waiting.

Two places gained. Batten handed over.

Back to the van—congratulations, dry kit on, rehydrate, start refuelling.

Leg 8 – 6 Botholps - Washington

Body warm, legs good—but this one was exposed. Still raining, wind now a real factor.

Luke came in strong. Quick handover, and I was off again. A few teams were exchanging at the same time, and one runner surged ahead immediately. I stayed calm—run my race.

The route rolled on. Pig farms appeared (along with the smell), though the crosswind did its best to soften the blow. I locked onto a runner in the distance and started closing.

Then a turning point—literally. About 200m before a key change in direction, I watched him run straight past it.

Now the dilemma:

Say nothing and take the place?
Or call him back and race fairly?
...I'll let you decide what I did.

The finish was technical underfoot—steep and slippery—so I stayed cautious but still pushed hard to hand over to Lisa again.

Back to the van: breathe, dry off, fuel up, reset.

Leg 14 – 5.5 Harting Hill – Queen Elizabeth Park
Final effort. It came around quickly, but I felt good and ready to empty the tank.

I made one mistake—footwear. I chose road shoes (Adidas EVO). Within a mile, I knew it was the wrong call. On the downhill, I was slipping everywhere—no grip at all. I was practically tip-toeing and got overtaken. Frustrating doesn't even cover it.

Not much I could do—just stay composed and get through it.

After about a mile, conditions improved. Finally able to run properly, I pushed hard to claw back time. The leg itself was actually enjoyable—fairly flat with a fast downhill finish through the woods into Queen Elizabeth Park.

Clear signage helped—no navigation losses. Small wins.

I came flying into the finish—probably earlier than expected. I still remember Luke scrambling, pulling his top off as I arrived to grab the baton.

And just like that... my job was done.

Lisa

SDW100 Relay 2026 – The Beginner's Tale

Back in 2025, I'd put my name down for the SDW100 Relay as a "use me if there's absolutely nobody else" option. Turns out there must have been absolutely nobody else because I got picked.

The more I looked at the team, the more I regretted my decision. Everyone seemed ridiculously fast and knew exactly what they were doing. As race day got closer, the nerves got worse.

Then, with a stroke of luck... (luck being lightning), the 2025 race was cancelled. Phew. Dodged that one. Or so I thought. The team stayed together and talk soon turned to the 2026 race. Oh no. This time I might actually have to do it.

Unfortunately, we lost the brilliant Lizzie to injury, but she was replaced by the equally epic Anneka, so the team remained as strong as ever.

As race day approached, we were allocated our legs. To my relief, I'd been given the three shortest legs and there was even some downhill involved. Maybe I could survive this after all.

Meanwhile, the WhatsApp chat was full of serious race discussion, route planning and, of course, a lot of jokes about Jeff getting lost. Most of the team had done the relay before and had recced their routes. I, on the other hand, was a complete beginner and hadn't managed to recce a single one of mine. The pressure was on. Determined not to become the new Jeff, I frantically downloaded my routes. Leg 3? Perfect. A route I could practically run in my sleep and loads of downhill. Result.

My other legs were 10 and 1

Race Day

After the 2025 cancellation due to lightning, race day finally arrived. The weather was horrific. I'll be honest - I was secretly hoping for another lightning cancellation, but apparently you don't get that

lucky twice. We stood in Beachy Head car park getting soaked and blown around before the race had even started. A promising start.

Leg 3 – 4.7 – Bo Peep Bostal – Itford Farm (Southease)

Nick came flying towards me and handed over the baton. I set off like an absolute hero because there were two runners just ahead and obviously I had to try and catch them. About two minutes later I realised I'd gone way too hard. The climb up towards Firle Beacon, combined with ridiculous wind and rain directly in my face, quickly put me back in my place. The two runners ahead gradually became smaller and smaller until they disappeared completely. This was supposed to be my downhill leg. Instead it became more of a survival leg.

Leg 10 – 4.1 – Springhead Hill – Houghton Lane

This was peak weather misery. Torrential rain. Strong winds. Cold. Wet. Miserable. Thankfully Matt and Jeff were there waiting, with them heroically taking my soaking coat before I set off. This was one of the legs I hadn't run before, so I had the route loaded on my phone just in case.

Within minutes my phone slipped out of my wet hands and cracked on the back. Brilliant. Then I arrived at a crossroads. No idea which way to go. The rain was coming down so hard I couldn't even unlock my phone to check the route. Luckily another runner appeared and pointed me in the right direction. Phew. I made it to the finish and learned a valuable lesson: Recce the route.

Leg 16 – 5.1 – Sustainability Centre - Old Winchester Hill

My favourite leg of the day. The rain had mostly eased, it was still windy, but I absolutely loved the route. Even the spicy hill towards the end was fun. There were cows to dodge, great support along the way, and I actually overtook someone. That absolutely made my day.

Final Thoughts

One thing I will say is that despite being a major snail compared to the rest of the team, nobody ever made me feel slow. Everyone was incredibly supportive, encouraging and welcoming throughout the day. There were lots of laughs, plenty of suffering, some questionable weather, and thankfully no major navigation disasters. Overall, I had an absolutely brilliant day. And somehow, despite spending most of the build-up wishing for another lightning strike cancellation... I want to do it all again next year.

James

We arrived at Beachy Head car park full of enthusiasm for the day ahead. This was immediately dispelled upon getting out; it was cold, wet and very windy; more January than June. After the soggy pre-race briefing we all (except Luke) gratefully piled back into the minibus and started our day long obsession with the weather forecast; rain stopping soon eventually came true at about 6pm.

Leg 4 – 7 Saddlescombe – Botholps

Received baton from Lisa in the YHA Itford car park, the conditions were relatively good and the rain held off for the entire leg. It was very windy up on the Downs but fortunately a bearable crosswind most of the way.



This leg was 7 miles long and as it was my first I didn't give it full effort until the last 2 downhill miles. An uneventful leg on home ground with only one challenging short uphill section, there were no overtakes or overtaken and I handed over to Matt at Housedean Farm in good spirits.

Leg 9 – 4.1 Washington – Springhead Hill

Started at the Wiston Estate car park, my luck had run out and it was raining hard. I put my trails and running jacket on and cowered under my big coat until Nick came charging down the hill. This leg is only 4.1 miles long and should have been the easiest one. However, I soon realised I'd stiffened up since the first leg, and the mile long uphill section was a real slog. On top things got even worse, the crosswind was now a gale with horizontal hail peppering the left side of my face, I was soon soaked to the skin and ran as hard as I could due to fear of hypothermia. The handover to Lisa at Kithurst Hill car park couldn't come soon enough and I was truly grateful for the sanctuary of the minibus. Overtaken by two other runners.

Leg 13 – 6.4 A286 Nr Hill Barn – Harting Hill

The weather had calmed down a bit by this time and was now a mere drizzle as I prepared for the last push from Cocking Hill car park. However, I was starting to feel fatigued both mentally and physically. Not only did Captain Jeff have to point out that Anneka had arrived across the road; but as I belatedly set off, that I was still wearing my big coat and hat. I already knew that this would be the hardest leg (6.3 miles with lots of elevation) and it didn't disappoint.

The first 1.5 miles were a seemingly endless uphill exposed to the rain. I at last managed to overtake two other runners but was also overtaken twice myself. The ground was quite muddy by now and I was soon regretting not putting my wet trails back on, the road shoes were a liability and I nearly went over several times.

The middle section was sheltered from the weather but the last two miles were back in the open. There were two ridiculously steep hills which I knew from the recce that I would have to walk up, unfortunately I was also too knackered to run up the penultimate hill and the time lost meant I got overtaken by 3 runners in the final half mile, the last one embarrassingly a Hailsham lady right at the end in front of everyone! I handed over the baton to Nick at Harting Down car park, swearing that I would never do this leg again.

The relief at finishing the last leg was huge and after a complete change of clothing at the next stop I started to cheer up. The remaining legs flew by as quickly as the others and we were finally home bound. Anneka's celebratory Prosecco went down a treat and the Chichester Fish'n'Chips were delicious.

Big thanks to Jeff for assisting at every handover; and especially our driver Matt who had the longest day, and had to handle the car park chaos from Ditchling Beacon onwards. I would recommend this event to anyone who is comfortable with the half marathon distance and I'm sure that the weather could not possibly be this bad again!



Matt

The South Downs Way Relay is possibly my favourite race event of the year. A 6am start and midnight finish with ~19 miles to cover and 2800ft of elevation, absolute bliss!

Having three new legs, heavy rain and fierce wind, it was a very different experience to my last outing. However, what remained the same was the sense of camaraderie and togetherness.

Leg 5 – 5.1 A27 Layby – Ditchling Beacon

Having started the race off last time with Leg 1, I had to wait a few hours for my first leg, picking up the baton for leg 5 from James. In my unhinged levels of excitement I completely missed the first turn up the hill. Had I not had the call from my teammates I reckon it would've been a good few miles before I realised my mistake. Thankfully this was all caught on camera so we could relive the moment when the driving rain got the better of us. The first leg got the lungs working and I began to climb and climb. The shortest of the three, but at 5 miles of mostly climbing, it didn't feel easy. I overtook a few other runners and a dash of rain towards the end to cool me down. A good start before finishing at Ditchling Beacon.

Leg 11 – 5.5 Houghton Lane – A285 Littleton Farm

Started for me when Lisa handed over after a gruelling Leg 10, the rain and wind had picked up and we would have been better served by an ark than a minibus between legs. I had run this leg twice before as recce runs and knew where to push and when to hold back. After another 5.5 miles of mostly climbing I was back safely in the van under several towels trying to dry off and warm up.

Leg 17 – 8.7 (AKA The Beast) Old Winchester Hill – Holden Farm

I had saved a bit of energy for the final push on Leg 17. Whilst the least elevation of the three, it is the longest leg of the day at over 8.5 miles. A conservative start whilst I prepared for the steep climb in the middle. Once that was out of the way I opened my legs up and managed to catch an Eastbourne Rover and a Haywards Heath Harrier. I'd estimated 64-65 minutes for the leg and had a quiet confident that near 60 minutes might be doable. I came in at 58 minutes having, as Nick Farley accurately said, "left it all out there".

All that remained was to see Anneka bring it home in the final leg, and then share in the cumulative joy of 12 and a half hours of racing. We then caught up with local runners from other clubs who we'd been chasing or been chased by all day.

The long journey home, punctuated by a stop off at a fish and chip shop, acted as the ideal warm down from a long, full-on experience. When I did put my feet up, I felt a great deal of pride to have run alongside my club mates in my favourite race. With the excellent support for Jeff and Matt at the helm.

I would recommend anyone who has a chance to run this race. Such a fun day out and a privilege every time.



Anneka

Leg 6 – 4.9 - Ditchling Beacon to Saddlescombe.

Having been subbed into the team after the lovely Lizzy found herself injured, I was so excited to take on the SDW Relay! However, after looking at endless weather reports for any glimmer of hope, my spirit was diminished. Of COURSE the weather the day before and the day after looked totally reasonable. Of COURSE it looked abysmal the one day we really could have done without it. Strong winds (headwind no less) and rain. All. Day. Long. My visions of picnicking outside on the grass whilst cheering teammates and enjoying glorious views was shattered. But still, we had a job to do.

I had watched all my brave soul teammates battle against the elements for their first leg, returning absolutely sodden. I was the last runner to step up to the plate, for my first leg of the day: Leg 6. By some kind of miracle, it had momentarily stopped raining. The sun was even peeping out.

I waited for Matt to reach the changeover point, and it was go go go. The nerves were really kicking in- not for the run but for the navigation side of things. I had not practiced the route, and directions are not my strong point. I had the route saved to my watch but even this is not foolproof (me being the total fool here).

Thankfully, the route was fairly simple and signed well- I did run off a little too far down one hill and asked some walkers if they had seen any runners come by. When they informed me that they hadn't, I scarpered back up the hill and corrected myself. The leg was pretty much mainly downhill to begin with, past Pyecombe golf course, over the A23, down to cross a road (where I got stopped by what felt like a hundred cars) as 2 runners from rival teams were catching me up.

Once over the road they overtook me, but I was just grateful I had someone to follow! Then up quite a steep climb being blasted by gale force winds. I felt like I was sky diving with my cheeks blowing around everywhere as I tried not to be floored. Then back downhill for the next changeover! I was possibly a bit too conservative on this run or maybe didn't factor in that I'd be KO'd by wind up the hill but the first run was under my belt.

Leg 12 – 5.2 - A285 Littleton Farm to Hill Barn Farm

Thankfully, I was more familiar with this route as I ran it back in 2022 and knew it was hard to go wrong. But less good news- it was back to pouring again. We were all so cold from our wet clothes- despite having several changes. Matt and I were never seen without our towel blankets like two old ladies. The last thing I wanted to do was leave that van. It was miserable. I was miserable. Jeff escorted me to the changeover point and all I could think about was how cold I was, how windy, wet and wild it was. Matt being so fast, soon appeared and it was time to set off. Running up a giant hill was the least of my worries! I couldn't face removing my jacket (Yorkshire 3 Peaks weather reminiscent- if you know you know) and was glad I kept it on. The



rain was pounding, the wind was gusting but my legs were going! Straight up what feels like a mountain, then up further on rather claggy footing. I knew that once up the top of the big hill the rest of the run would be much kinder as it flattens then ends on a big downhill. It was slippery and the puddles were a hell of a lot deeper than I anticipated. There was no way to avoid them, but I was most surprised when I splashed into one and half of my leg disappeared! The water was almost knee deep unbelievably. Just what I needed- trench foot! After the nice downhill section, I ran through a strange springy muddy field to the changeover to pass over to James- who was taking a rather casual approach and not ready to run at all!

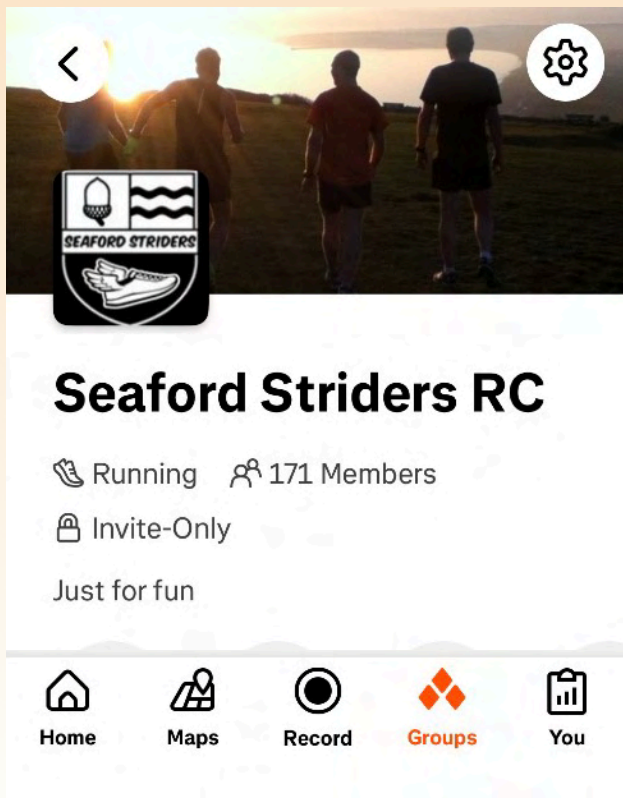
Leg 18 – 5.5 - Holden Farm to FINISH

Everyone else had finished for the day and it was up to me to bring it home. The nerves kicked in again on the 'lack of navigation skills' front. The pressure not to mess it up for the team at the final hurdle. The teams were bunching up now with the faster runners overtaking us and us catching any slower runners too. Matt came storming down to the changeover point and this was the first time we'd physically passed the baton over which felt quite exciting! And I was off. Remarkably it was dry again- I had really lucked out here. The wind was still blowing but it didn't feel quite as intense. This leg was possibly the easiest of my 3, though still undulating. Any slight incline my legs suddenly remembered all the previous hilly miles and felt difficult to move. I thoroughly enjoyed this one, everything felt a lot calmer. It was so gloomy it was almost dark. I had people to guide me too so I knew I couldn't possibly mess this up now. There was a big downhill towards the end on road. My calves were screaming as they pounded the tarmac and I was willing to get back on the trail again. At last I could hear my teammates cheering and as I turned into the field I could see the finish line. I tried to speed up to cross the line, in fact it felt like I was sprinting. My pace and video both suggest this was not the case but it was all my legs could manage by then. WE HAD DONE IT!!!! It was such an amazing feeling to bring it home for the team and I felt so proud of all of us for tackling an already challenging task on the worst day possible. Now it was time to crack open the Prosecco and most importantly find CHIPS!

My teammates all ran amazingly but a big shout out must go to our incredible chauffeur Matt for getting us to every point on time with perfection, most importantly our stop at the chip shop. And to Jeff – the only person to get out for every single runner.

He was soaked, he was freezing but his spirits were not dampened. Thank you for your support!





Seaford Striders Strava Club

Our Seaford Striders Strava Club is now **members only**, making it a more relevant and engaging space for club members to share runs, celebrate achievements, and keep up with what fellow Striders are doing.

If you're a current member and haven't joined the Strava Club yet, we'd love to have you there. Simply search for **Seaford Striders RC** under Groups on Strava and request to join. Your request will be approved as soon as possible.

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.

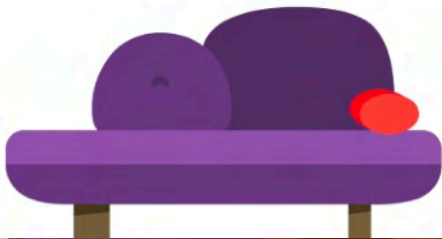
Once you've checked the sizing then please order online through the club shop. Striders can use the £12 discount code Striders2026. The discount code can only be used once and will only be valid on the new design vest or T-shirt, it is not valid on the anniversary shirt or other items on the club shop.

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

STRIDERS REVEALED

Watch the exclusive interviews

Ray chats with Mr. Speedy, Matt Clare,
& Ladies Vice Captain, Kat Warren



Click video to play



Click video to play

Exclusive interviews with Striders who definitely didn't rehearse their answers.

Expect stories, giggles and at least one moment where someone says,
"Please don't put that in."



Peacehaven Parkrun 9th Birthday



A celebration of community...and cake! Happy 9th birthday Peacehaven parkrun!

By Katherine Simmons

Proving that it's never too early in the morning for a party, at 9am on Saturday 23rd May Peacehaven parkrun got together to celebrate a very special milestone celebration – the 9th anniversary of this fabulous event.

In true birthday style, fancy dress was strongly encouraged – and both running and volunteering Striders were very willing to oblige! As well as tutus and party hats, Club Queen Bees Jeanette and Sandra created a buzz and Ron marked his marshalling spot with a traffic cone hat. With no theme to the fancy dress there were also superheroes and a growling T-Rex for the runners to contend with.

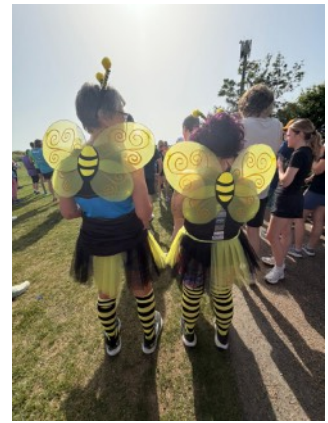
Before the run, Newhaven mayor Amie Harman said a few words of celebration before handing over to new mayor, Peacehaven parkrun regular, Mark Wardle.

Parkrun simply cannot happen without the volunteer team behind it... and the event was a real celebration of the community that comes together to create the fantastic event that we've all been able to enjoy for the last 9 years.

The run briefing emphasised this, with four Run Directors - Terry Parris, Leigh Jeffery, our very own Paula Tiller and Steve Sprague joining forces, paying tribute to all the hard work that goes on behind the scenes by the Core Team as well as talking the runners through the course route and safety considerations.

Leigh and Steve spoke with passion on how parkrun had changed their lives and Neil and Terry were presented with their own special 'Old Timer' volunteer hi-vis for their services to timekeeping and parkrun!





Once the volunteers had been thanked, milestones celebrated and first timers were visitors welcomed, it was time for mayor Amie to take over the megaphone and start the parkrun.

And despite the 21 degree heat - and a feels-like factor of 24 degrees - there were plenty of PBs to be had.

There were 178 finishers and 40 volunteers – but what I forgot to count was the number of varieties of celebratory cake on offer. The Eurythmics once sung Sweet Dreams are Made of This – a whole gazebo filled with cake has got to be up there with that. After finishing their parkrun, runners and volunteers could celebrate by taking their pick from Lemon Curd cake, cornflake cakes, doughnuts, flapjacks, rock cakes, malt loaf... the list went on.

Thank you Peacehaven team for putting on such a brilliant, fun event - both today and for the last 9 years. I know we will look forward to many more!



New Abbot's Wood parkrun



Striders attended the inaugural Abbots Wood parkrun and met parkrun favourite Dame Kelly Homes! They enjoyed it so much that some turned up the next week as well!!

Sawadee Kap, Seaford Striders



By Dave Dunstall

I have been lucky enough to run road and trail races in Thailand 🇹🇭 Cambodia 🇰🇲 and Vietnam 🇻🇳 this year.

Running in South East Asia has its own unique experience mainly dripping with sweat at the start line without even warming up.

I ran three races in Thailand, two road half marathons (1 hour 40, 1 hour 34) and a 25 kilometre trail race. Races there start early 4am - 6am to escape the heat but with night time temperatures in the mid twenties and the 80% + humidity, it's like running in a sauna. Hydration (Chang beer) is key, you can get yourself in a bit of trouble if you get it wrong, along with heat stroke and exhaustion.

The Mahasamut 25k trail race in Phuket was hot, humid and technical. I fell early in the race on a steep descent which I can still feel 5 weeks later. It had beach running, jungle running and sea cliff climbing with ropes it was fantastic and took me 4hrs 1 to finish.

I then travelled to Siam Reap Cambodia for a 32k trail race through the jungle and temple ruins of Angkor Wat it was mainly flat single track terrain but stunning scenery, yes I would definitely recommend that one.

I managed two races in Vietnam, a road half in Danang which was flat and as fast as you can go in the heat (1hr 35)

But the race that gave me the best experience was the mountain marathon in Meo Vac North Vietnam. Just getting there was an adventure on its own and the race did not disappoint. To be honest I didn't look at the race profile when I entered, it just looked pretty on the picture advertising website. It was only when I picked up my number the night before that I realised what I had done. 3400 metres of elevation awaited me. There was a strong possibility of not finishing.

After busing us in the dark at 4.30 am to the start and setting off at 5 am the journey begun.

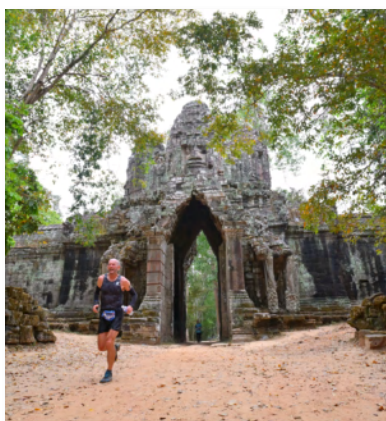
It's hard to explain what went on in Nam "you wasn't there man" but to say in those 10 hours (and yes Jo, 3 seconds!) I had moments of pure joy and happiness, peace in the beauty and quietness, the love and support of fellow runners and mountain villagers, severe cramp, bouts of crying to myself that I can't climb anymore and the euphoria of crossing the line.

So to offer some advice to fellow Striders



"never judge a book by the cover".

Dave



Tromsø Midnight Sun Half

Tromsø Midnight Sun Half Marathon – Racing Through the Arctic Night

By Richard Preece

There are races you remember for the time on the clock, and there are races you remember because the setting feels almost unreal.

I was scrolling through the internet looking for something different and unique, and the Tromsø Midnight Sun Half Marathon certainly fitted the bill.

The race takes place in Tromsø, a small Arctic city in northern Norway, around 350 km north of the Arctic Circle. In late June, the sun simply doesn't set. Instead of darkness, the evening turns golden and stretches into midnight. Tromsø is often called "The Arctic Capital".

The Midnight Sun Marathon was first held in 1990, making it more than 35 years old. Today, it is recognised as the world's northernmost AIMS-certified marathon. The event now attracts thousands of runners each year from across the world. In 2026, organisers recorded a new participation record of 7,735 finishers across all race distances (marathon, half marathon, 10K and 5K), not including the children's races. There really is something for everyone.

This was a run I wasn't going to miss.

There are no direct flights to Tromsø from the UK, so I booked a flight to Oslo with a connecting flight to Tromsø, allowing an hour and a half between flights. I travelled a few days before the event to get used to the 24-hour daylight.

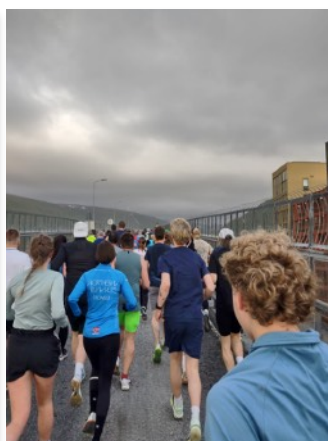
On race day, the organisers offer a Pasta Party at lunchtime in one of the large hotels. There are two sittings and it is buffet style. The food was excellent and made for a relaxed start to the day.

The Children's Race and 10K are first to go, followed by the full marathon at 8:30 pm and the half marathon at 9:00 pm.

Standing on the start line at 9 pm felt slightly unreal. I have never run a race at that time of day before. Yet with it still being broad daylight, it could easily have been 9 am. My body clock was completely confused by the endless daylight.

The start line is in the harbour where a large cruise ship was docked, adding to the atmosphere.

The half marathon route threads through the city streets and waterfront, with runners crossing the iconic Tromsø Bridge while surrounded by fjords, snow-capped mountains and endless daylight. Unlike huge city races, the atmosphere feels intimate: locals line the route, volunteers create a festival atmosphere, and runners arrive from all over the world for what feels part sporting event and part Arctic celebration.





Tromsø rarely gets hot. Typical conditions for race weekend in late June are average overnight temperatures of around 10–16°C, with race conditions usually between 8–14°C, helped by light winds and cool air from the surrounding water. That makes it close to ideal distance-running weather: cool enough to push, but comfortable enough to enjoy the scenery.

The route is entirely on roads and generally flat, with the only notable incline being the bridge crossing the fjord.

I wasn't really looking to race the event; I simply wanted to enjoy the occasion, admire the scenery and take some photographs.

On the day, it had rained in the morning, but by race start the rain had stopped. The sky remained overcast and the sun was doing its best to break through the clouds.

Throughout the run I felt good. I took on water at the stations and used two energy gels. With 5 km left and still feeling strong, I decided to increase the pace and push for the finish.

I crossed the line in 1:42:49 and finished 5th in my age category (60–64) out of 84 runners. Needless to say, I was very happy with that result.

What an experience.

I really enjoyed it. It felt like a genuine international event without being overwhelming. Tromsø itself is well worth spending a few days exploring, and I would recommend it to anyone looking for something a little different.

If any other Striders want to attend in 2027, I'll happily join them.

I also took the opportunity to travel around Norway afterwards: a few days within the Arctic Circle before flying down to Bergen. From there I took the train to Oslo, which turned out to be one of the most scenic rail journeys I have done.

I then spent a few days in Oslo and, naturally, managed some parkrun tourism as well — completing Tøyen Parkrun, one of three parkruns in Oslo.

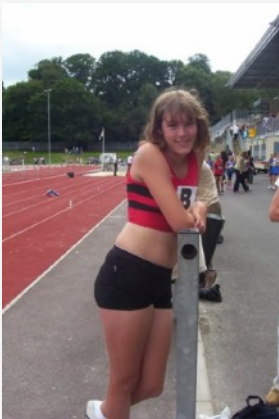


Here is a link to a youtube video of someone who ran it last year

[I Ran The Midnight Sun Half Marathon 2025 in Tromsø, Norway!](#)

Ellie Woolcott

My running journey is long and boring and contains a frankly embarrassing amount of me just giving up. I don't fully remember where it started – but it was somewhere between doing running club at primary school and a 'Star Track' event with Brighton & Hove Athletics Club at age 8 (approximately). Either way, by the time I was 11, I was very familiar with wearing Brighton's red and black stripes for track events, cross-country races, and any other random fun runs that cropped up, and pretty much hating every second of it!



But there was family history. My Grandad ran. My mum and her brothers ran. My older sister and brother ran. It was only natural that I'd run too. Grandad was the president of the Athletics Club from 2007 – 2014, so from the time I was an U13 to when I left for University, he was there for just about every second of my running journey; whether that was on training nights or as a timekeeper at track events or, most notably, appearing at the top of every hill during a cross country race like a sleep paralysis demon, stopping me from just enjoying a nice walk while I contemplated my poor choices.

Trouble is – I was terrible at running. I was consistently at the back of races and spent an unreasonable amount of time falling over – both on the track and in the mud – or trailing in last by a considerable distance, if I made it to the end at all. I spent a lot of my time and energy getting very audibly annoyed at anyone who had the gall to cheer me on – I'll still consider physically fighting anyone who tells me to "keep going" as an encouragement while I run. I gradually transitioned from middle distance running to hurdling, and when I couldn't keep up with that (turns out it's even more obvious when you're a bad sprinter than a bad middle-distance runner), I moved on to the field events, eventually settling in happily as a hammer/discus thrower where the furthest I'd have to run was a half-hearted lap of the track as a warm up. Over the years, one thing was made very clear –

Running was Not For Me. I didn't enjoy it, I wasn't good at it, and I wouldn't do it anymore.

I stuck with that quite happily throughout University, except for popping along to the Athletics Club's Fresher's Event with a friend in my first year and very quickly reaffirming that running was a bad idea. Then suddenly it was 2016. It was 11.30pm. I was in the library at university where I'd been for too many hours straight working on my dissertation, and one of my brothers messaged our family group chat with a bet. I can't remember the bet; I can't remember how or why I got involved, but somehow it ended up with me registered to run the Brighton Marathon 2017. My first training run in February 2017 ended with a trip to the hospital less than 5 minutes in when I fell over my own feet and knocked myself out. My second resulted in a collision with a cyclist as we both rounded a corner. My third, I tripped off a curb, rolled my ankle, and spent about thirty dismal minutes sat in the gutter rethinking my life choices. During that time, I concluded that training was for suckers and I could probably just wing it for the marathon. Reader; I could not just wing it. I rocked up on an unreasonably sunny day in April 2017 with no water, no plan, and only the 'training' outlined above.

Unsurprisingly, I did not finish. I made it to a little



before mile 13 before being bodily dragged from the course by a family friend and told in no uncertain terms to just give up, which I happily agreed to. It was just more proof that running was Not For Me. And so that was it for another few years, but this time I had the spectre of having run 'Half a Marathon' haunting me.

I moved back to Brighton in 2022 and the memories of how much I hated running had passed just enough that I thought it might be fun to do Couch to 5k. I saw that Lewes AC was running a beginner's programme and signed right up. I got through Weeks 1 and 2 relatively unscathed, then Week 3 saw me putting my foot down a rabbit hole and twisting my ankle with a crack loud enough to put the tail runner (because obviously I was at the back) into a panic. Very sensibly, I decided to hobble through the remaining weeks of the programme and then, naturally, remembered that running was Not For Me anyway and DNF-ed the graduation parkrun.

It took another year or two before I was living with a friend who dragged me out of the house one Saturday morning to go to parkrun with her and her dog. I spent the whole time walk-running and loudly complaining about how much I hated everything and this was the worst and she must hate me and what even was the point of having friends when they made you do things like this. But we made it to the end and she, thankfully, did not kick me out of her house and life. A couple of weeks later we even did the same thing again. And then again. And then again. Gradually my complaints got (mildly) quieter, and before I knew it, parkrun had become a habit and then a ritual, and then I hit my 50th parkrun on Christmas Day 2024 and had a sudden realisation that – horror of horrors – I might actually be enjoying it!

When I moved to Seaford in March 2025, almost the first thing I did was join Striders, thinking it would be a good opportunity to meet people and motivation to keep running. I rocked up, full of anxiety, on a Wednesday evening having run up a grand total of exactly zero hills for at least five years and was immediately faced with the prospect of running up Seaford Head. After convincing myself to not just get straight back into my car, I, as per usual, complained most of the way up the hill, relying almost entirely on the brilliant Amanda Harman who was also there for the first time, to keep me going.

After how welcoming the Bo Peep crew were on the first week, I was convinced to come back again, and I quickly learned that joining Striders would be a real turning point for me in my relationship with running – the endless enthusiasm and support all the members bring to each and every member and event is inspiring, as is watching people achieve things they didn't previously think was possible for them; be it a parkrun PB or completing the Brighton Marathon!! Now I only complain at most 65% of the time about any upcoming races or events or Wednesday night runs and sometimes I even have fun. You all even got me back out on cross country courses and an athletics track a time or two, which I can honestly say I thought I'd left behind me well over a decade ago!

I've even been convinced back into doing races, since some friends thought it would be fun for us to run a 10k on my 30th birthday in 2025, which I only agreed to for the hash brown bites afterwards, but actually enjoyed just enough to say yes when a last minute place in Peacehaven Trail 10k came up a few weeks later.

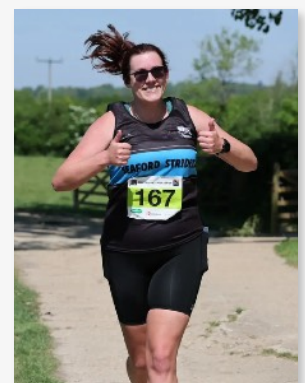
One thing led to another, and I ended up clocking six 10k races in the latter half of 2025 alone. But that was the limit. A 10k might be manageable, but anything further than that was just asking for trouble. Except then I kept seeing adverts for half



marathons and suddenly my little traitor brain was saying "it's basically just two 10ks, right?" and before I really knew what had happened there was an email in my inbox confirming my entry into the Eastbourne Half in March 2026.

Now I'm writing this having just come off of completing the Mid Sussex Marathon Weekend and I'm looking through my race photos and realising that I'm smiling in almost every single one of them. It's possible, though I'm very reluctant to admit it, that maybe running might be a bit for me, after all. It took twenty-nine years to finally get me across the finish line for a Half Marathon (rather than just half a Marathon), so let's see if I can manage a marathon within the next twenty-nine...

Ellie Woolcott



Trevor's Forest Social



By Katherine Simmons

Social runs are most definitely the runs I look forward to the most. No medals, no entry fees and no time pressures: just an opportunity to run and chat, usually followed by another opportunity for chat with coffee and cake after.

On a social run you get to run (and, of course, chat) with Striders from different Wednesday night groups, which is even more of a bonus.

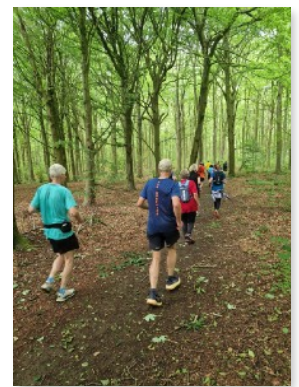
Striders Friston Forest expert Trevor had hoped to lead his 10 mile loop of the forest as part of the Brighton Marathon training, but the weather in the months running up to the big event hadn't been kind. A couple of months after the 26.2 mile epic, there were now many marathoners within our group and the forest run was no longer about miles on feet but more about running with friends.

On the way over to Exceat, there had been a few messages from Striders no longer able to make the morning's run, so we estimated a turnout of 12, perhaps 15, runners. At the start point of Saltmarsh Cafe, we counted 21 runners (thank you Amanda H for the regular headcounts!) and within our forest running group were runners from across five different Wednesday Night Groups from Martello Pacey Walkers, High and Over to Bo Peep, Seafronters and Friston.

After a briefing from Trevor, who explained the route, the hills and the hazards of uneven ground and tree roots, we were off – and pretty much straight up a hill! The near-on 10 mile circular follows the outskirts of the forest in a single loop towards Friston, Jevington and running along the bottom of Lullington Heath before returning to Exceat via West Dean with more than 1,000ft of elevation (and not too much moaning about that!).

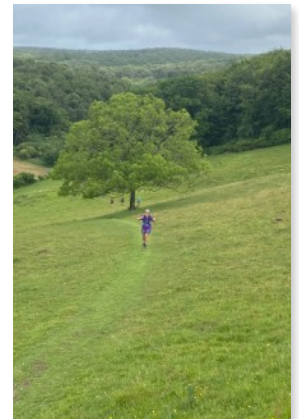
The forest at this time of year is as lush and beautifully green as it gets. Rain a few days before had freshened things up nicely so it both looked, and smelt, lovely. The warning shout of 'Car ahead' was changed to 'Horse ahead' and we met many other walkers and some rather impressively trained dogs along the way.





Despite the hills, there was plenty of chat and appreciation for the stunning surroundings we were running in, gratitude for the collective health and fitness which enabled us to get out of bed, run 10 miles and hold a conversation at the same time, as well as a real appreciation for Trevor's impeccable sense of direction.

During our regroup, photos were taken, plans and progress for future races were shared and snack choices were compared. My leftover marathon stash didn't taste quite as good as Steve H's off-the-shelf choice of strawberry laces which he generously shared with the group. I was so busy chatting with other Striders during the run that I only looked at my watch once – a real mark of success.

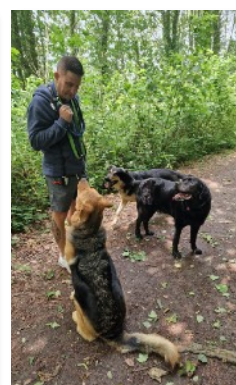


Another thing I really enjoy about social pace is the opportunity to run with people I haven't run with before – on this run it was lovely to run with Sarah F, and fantastic to see her enjoying a run with son Tom!

There was another unexpected treat at the end of our run. We hadn't expected such a large group and with many of us staying for coffee and cake, rather than moving tables in the main courtyard area of the Saltmarsh Cafe, the staff offered to seat us together in the garden. With our drinks, cakes and scones, it felt like we'd celebrated our run with our own very own garden party.

10 miles, 21 runners from 5 different groups, taking on over 1,000ft = one fabulous forest experience!

Thank you Trevor and Striders for a lovely morning! Can't wait to do it again!



HARRIERS BEACH RUN 2026



HAILSHAM HARRIERS BEACH RUN 2026 ❤️

Hailsham Harriers invite you to join us on Sunday 19th July for one of the most fun, social and slightly bonkers mornings in the Harriers calendar 🙌

📍 Meet: Sovereign Harbour Waterfront Car Park BN23 5QG

🕒 07:30am

🏃 Approx 7ish sea view, relaxed pace miles to Bexhill using the glorious low tide sandy route 🌊

Then choose your own adventure home...

👟 Run back

🚶 Walk back

🚗 Car share home

🚌 Or jump on the legendary 99 wave bus



🎉 This years THEME will be 'Hawaiian' so dig out your grass skirts, flamingoes 🦩, pineapples 🍍, Hawaiian 🌺 shirts, costumes and colourful running beach wear!

Don't forget to wear old trainers 👟, and bring some money for breakfast afterwards as we will gather at a Bexhill seaside cafe (tbc) before heading home 🏠

This is a FUN, SOCIAL run (not a race!) where we run along the sand at low tide (approx 7 miles)

Everyone is welcome and of course, any furry friends too 🐕

There will be prizes for the best outfit/costume and to pay homage to Ivor Rumsey who initiated the HH first ever beach run, there will be 'The 'Wet Fish 🐟 ' Award 🏆' for the wettest runner, so no worries if you accidentally take an early bath 🚿 🌊

This is a relaxed morning that gives us all a unique opportunity to make use of the very low tide times whilst enjoying the beauty of running along our beautiful coastline 🌊 Of course if you just fancy a cuppa and not the run just meet us at the finish line cafe 🍵 tbc

We cannot wait to see you there 🌈 ❤️ ❤️

Lousberg Parkrun

By Kate Parkinson

The best part of doing Lousberg parkrun in the German city of Aachen was getting naked.

My partner, Andrew, was Seaford Striders newsletter co-editor in the Dark Ages. Andrew and current co-editor, Ray Smith, go back a long way. All the way (and more) to running the Marathon du Médoc together in 2007. They still run together and shoot the breeze on Sunday mornings whenever they can. So, it was Ray and our other current and wonderful newsletter editor and run buddy, Jo Robinson, who extolled the joys of getting your kit off and your groove on by visiting a European thermal spa and sauna.

Our visit to Lousberg parkrun started with an early morning alarm waking us up in our camper van, at base camp, just over the border at Vaals in the Netherlands. We were all prepped and ready to hop into running kit, down some yoghurt/banana/bran flakes, pack up the bike panniers and stop off at the toilet block for a last-minute anxiety pee before pedalling 9km over the border into Germany, and across the city of Aachen. We'd already scoped it out so we knew how long the ride would take, and that the last kilometre was all uphill to reach the parkrun start high above the city in the beautiful Lousberg Forest Park.

We also knew there were no loos, and having googled 'Is it illegal to pee in public in Germany?' and checked out density of undergrowth, I wasn't about to go *Al Fresco*. Risk of ticks added to the jeopardy of this option. I realise not everyone needs to concern themselves about the availability or otherwise of 'facilities' but, for various reasons, toilets or lack of is quite high on my contingency agenda.

Back to parkrun. We were given a warm welcome. Lousberg parkrun is new-ish, not quite two years old. There are generally around 40-60 runners. There was a bigger field of parkrunners for our run, due to nearby Maastricht parkrun having been cancelled. All the parkrun kit is kept in a large wooden, padlocked trunk, tucked behind a wooden pergola and surrounded by trees. There were many English speaking runners, but everyone, regardless of language or nationality, was super friendly. We'd looked at the route on Youtube so we knew it was two laps, with a steep uphill right at the start, a tight u-turn, and some testing downhills over tree roots and half-buried rocks. Being in the woods, the



air was fresh and the ground still damp from overnight rain. It was a novelty to enjoy a natural soundtrack of gorgeous birdsong rather than waves on shingle, although Andrew missed out on the avian accompaniment, opting instead for Fat Boy Slim.

There are no marshals on the course. Instead, the route is well marked with arrows placed in trees

and plastic cones on the ground. This worked well with no confusion. So, the tail walker had the extra job of scooping up all the hi-viz bits and bobs. Runners get an enthusiastic send-off at the start and are cheered into the funnel at the end. Weirdly, we both perceived the course as being short. Maybe it was just the very different terrain compared to our familiar Seaford parkrun.

The run director explained that marshals and any runners who want to are invited to walk together to a nearby café for breakfast after the last finishers have come in. It was during this brief waiting around and whilst slapping insects off my sweaty legs, I realised I'd forgotten to slather myself in Avon 'Skin So Soft', reputed to discourage bitey bugs*, and gifted to me by Strider Jo at the last minute, pre-holiday, when I'd forgotten to buy my own. I get bitten to buggery and react horribly, so I was mentally willing the last runner to appear so I could escape the gnats. As with any parkrun, there was some lost property handed in. Curiously, this was a set of Mercedes car keys. No takers by the time we set off for breakfast.

As recommended by Ray and Jo, next stop was a thermal spa and sauna complex. We pedalled ten minutes across the hilly city to the Carolus Thermal Spa for four hours of indulgence. Plenty of spacious indoor and outdoor pools, and a choice of twelve sauna and steam rooms. After that, back to reality, and the return cycle ride to our campsite. Heavens opened, not unexpectedly.

As with every parkrun, a results email popped into our inboxes later in the day. Mine included this very surprising information; 'Du warst die/der 13. weibliche Teilnehmende im Ziel und 1. in Deiner Altersklasse VW65-69.'

First in my age category (with poor effort, many excuses and a terrible finish time) as was Andrew in his. Icing on the cake of a great experience.

* Please note: Avon 'Skin So Soft' defo not recommended as a defence against malaria carrying mosquitos ;)



Banana & Walnut Cake

7 slices depending on appetite

Ingredients

100g raisins

200g white spelt flour

1 ½ tsp ground cinnamon

2 tsp baking powder

½ tsp bicarb of soda

120ml sunflower oil

150g honey

2 large eggs

2 medium bananas

50g walnuts (lightly broken up)

Method

1 – pre heat your oven to 150c/300f/gas 2. Lightly grease a 900g loaf tin with marg and dust it with flour.

2 – Put raisins into a small bowl, cover with boiling water and leave to one side.

3 – Sift the flour, cinnamon, baking powder, bicarb into a large mixing bowl and mix together. In a jug, mix the sunflower oil, honey and eggs until combined. Whiz, blend or mash the bananas and add to the jug.

4 – Now pour the wet ingredients from the jug into the dry ingredients in the bowl and mix until smooth. Drain the raisins and stir in along with the walnut pieces.

5 – Pour the mixture into your prepared tin and bake for approximately 1 hr 15 mins, or until a skewer comes out of the nearly clean.

6 – leave to cool, then turn out onto a wire rack.

7 – Slice as thick as you like and enjoy!



*Recipe submitted by
Nick Farley*

Super 6 Half Marathons

St Wilfrid's Hospice – Charity Places for Super Six Half Marathons

St Wilfrid's Hospice has confirmed that they have three charity places available for each of the Super Six Half Marathons taking place in Autumn 2026 and Spring 2027.

These places are offered to runners who are willing to raise around £750 per race to support the hospice's work.

If you're interested in taking part or would like more information, please contact Beth Hillier at St Wilfrid's Hospice: beth.hillier@stwhospice.org or go to the website <https://www.stwhospice.org/>



St Wilfrid's Hospice
Making a difference to local lives

St Wilfrid's Hospice Rainbow Run



Rainbow Run, Sue's Team

Still buzzing from a 5K packed with colour clouds, foamy chaos and the loudest Paint Party finish imaginable. Nine colour zones, endless laughter, and a Paint Squad who took their job very seriously. Pure joy!

Junior Striders

MUD MONSTERS

Caleb and Cece Eaton took part in the Mud Monsters run in East Grinstead on 17th May. There were muddy puddles to splash in, bogs to wade through, nets to climb under and obstacles to climb.

Caleb's review: 'I loved it'.

Cece's review: 'I hated it. I am NEVER doing that again'.



JUNIOR TRACK SQUAD

We have had a few weeks now of our Junior Track Squad. This is for those aged 12+ to experience dedicated track sessions. Sessions have included intervals, relays, games and a pyramid session – coached by Joel.

All welcome – and a free trial available– please email

juniors@seafordstriders.org.uk to sign up

Peacehaven Trail 10K

Spencer has drawn an amazing picture of the Peacehaven Junior fun run. Spencer, Barnaby and Zoe are pictured with their medals in front of the finishing line. Well done everyone!

We would love to see any pictures you create of races or fun events. Please see them into the newsletter.



After completing the Peacehaven Mile, Spencer said'

*It was awesome. My favourite bit was getting the medal. I really liked cheering the runners on after my race. I really liked my sprinkle ice cream with a flake."

Junior Coach Spotlight

1. How long have you been coaching Junior Striders?

8 years... I can't leave, it's my weekly exercise!

2. What do you love most about being a coach?

The fun games, the big smiles, and those determined little faces !

3. What's your favourite game to play with the Juniors?

Definitely Shark and Minnows — watching them weave in and out while we coaches chase them with our chomping arms... although I'm not sure who enjoys it more, us or them!

4. If you had to join in every game, which one would you secretly dread?

The Easter bunny hopping games... they look cute, but after about 10 seconds your legs are questioning all your life choices!

5. What's one thing the Juniors have taught you?

That it's not about being the fastest or the best — it's about giving it a go and not giving up (even when it gets tough!)

6. What's a fun or unexpected fact about you that the Juniors might not know?

Running is in my DNA -my 67-year-old dad is still smashing out marathons! And my sister is now on ultra marathons! Being a coach might be my way of expressing the DNA without actually running long distance myself 😂

7. Who would win in a race, you or Lisa (famous Strider's sister)?

We actually recently had a 100m sprint race and it was basically a draw... although I pulled my thigh muscles trying to win and nearly tripped over my own feet, while she didn't even break a sweat 😂

8. If you could give one piece of advice to every Junior, what would it be?

Don't compare yourself to others — just focus on your own effort... and try to beat your coach if you can! 😊



Marie Marfleet

Junior Striders News

Peacehaven Junior Parkrun

By Tom Bell

Peacehaven junior parkrun takes place every Sunday morning at 9am at the Big Park in Peacehaven. It's a free 2km event for children aged 4 to 14 and, just like adult parkrun, children build towards milestones as they go. Wristbands are awarded for 11 runs (half marathon distance), 21 (marathon), and then 50, 100 and 250 runs.

My family and I have been going for the last two years. What started as a way to get some exercise for my children, who are not exactly natural team sports enthusiasts (like father, like sons), quickly became part of our weekly routine.

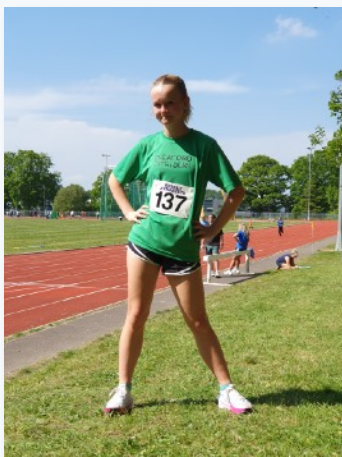
One of the things I love most is how inclusive it is. Some children race around, some jog, some walk parts of the course, but everyone gets the same cheers and encouragement. It feels much more about confidence, fresh air and community than competition.

Before long I found myself volunteering too. Standing around while other people give up their time to put on activities for your children has a habit of making you want to help. Well, it does for me anyway. I'm a perpetual volunteer.

One of my sons recently completed his 100th junior parkrun milestone, while I'm steadily building up volunteer credits of my own. With summer coming, it's a brilliant time to come along and give it a try. If you would like to volunteer, please email peacehavenjuniors@parkrun.com or visit [Peacehaven junior parkrun](https://www.parkrun.com/peacehaven-junior-parkrun) for more information.



Ava warming up for the 800 meters at the Sussex AA Track and Field Championship at the K2 in Crawley, where she ran as a 'Seaford Strider' on the 9th May in a time of 2mins 48secs.



Track & Field Championships

Entries are now open for the **Sussex AA Masters Track & Field Championships 2026**.

Date: Sunday, 9 August 2026

Venue: Lewes Athletics Track, Mountfield Road, Lewes, BN7 2XG

Entry deadline: 11:59 pm on Sunday, 26 July 2026.

Please note that **no late entries will be accepted**, and **no refunds** will be available once entries have been submitted.

Entries should be made via

<https://meets.rosterathletics.com/public/competitions/details/about?id=29435>

Age categories are based on each athlete's age on the day of competition and will be organised into five-year age bands for both men and women. Medals will be awarded in each age category. See below for the provisional timetable for guidelines.

If you are planning to compete, please make sure you enter before the closing date.

We look forward to seeing you in Lewes!

Sussex AA

Sussex AA Masters Track & Field Champs 2026

Sunday, August 9th

Track	Time	Event	A/G	Round	Field	Time	Event	A/G
T1	11.00	100m	M/F All ages	Finals	F1	10.00	SP	M All ages
T2	11.30	800m	M/F All ages	Heats	F2	10.45	SP	F All ages
T3	12.15	300mH/ 400mH	M/F All ages	Finals	F3	10.30	PV	M/F All ages
T4	12.30	800m	M/F All ages	Finals	F4	11.30	LJ	M All ages
T5	13.30	200m	M/F All ages	Finals	F5	11.30	HT	M All ages
T6	14.00	1500m	M/F All ages	Heats	F6	12.25	LJ	F All ages
T7	14.30	80mH/ 100mH/ 110mH	M/F All ages	Finals	F7	12.30	HT	F All ages
T8	15.30	400m	M All ages	Finals	F8	13.30	DT	M All ages
T9	16.00	1500m	M/F All ages	Finals	F9	14.00	TJ	M All ages
					F10	14.40	DT	F All ages
					F11	15.00	HJ	M/F All ages
					F12	15.00	JT	M All ages
					F13	15.15	TJ	F All ages
					F14	15.55	JT	F All ages
					F15	16.30	WT	M/F All ages

RUNBASE **TRACK NIGHTS**

WED 29TH JULY & WED 26TH AUG

WEDNESDAY 29TH JULY

TIMETABLE

17.10hrs: 75m (U10/U12)

17.40hrs: 600m (U10/U12)

18.00hrs: 100m

18.40hrs: 800m

19.30hrs: 400m

19.45hrs: 200m

20.15hrs: 300m

20.30hrs: 1500m

LONG JUMP: 1800hrs > 2030hrs
(4 pools)



U10 > MASTERS - GRADED RACES



BIG SCREEN ELECTRONIC TIMING
ENTER ON ATHLETICS.APP



RACE AT THE BRAND NEW TRACK!

 **Christs Hospitals School, Horsham, RH13 0YB**

Event Dates

Wed 29th July - [Enter Here](#)

Wed 26th Aug - [Enter Here](#)

Nearest Train

Christs Hospital train station is a 10min walk to the track.

Couch to 5K Graduation



Seaford Striders' Couch to 5K programme ran for nine weeks on Tuesday evenings at The Salts at 7pm, supporting beginners through a structured and gradual introduction to running. A returners group also ran alongside the programme for those restarting running.

The course concluded with a graduation run at Seaford Beach parkrun on 27 June 2026. In total, 27 participants completed the programme, with 22 attending the final parkrun and 5 unable to attend on the day.

Thanks were given to Jeanette for leading the C25K group, along with the volunteer helpers who supported and encouraged participants throughout the nine weeks and ran alongside them on their graduation.

Some words from the Couch to 5K graduates:

Well done everyone! 🏆🏆 It was great to see so many of you today at parkrun 🏃🏃🏃🏃. Huge thank you 😊 to Jeanette, Sue, Victoria and all the Striders who helped to support and encourage us all 🙌🏆. Enjoy the rest of your weekend and remember to celebrate this amazing achievement! 🥂🥂🥂🥂 11:08

So sorry not to have been able to join you this morning, it sounds like you all smashed it! Thank you so much to Jeanette, Victoria and all the Strider supporters for the Tuesday runs. I'll definitely join Striders, so hopefully will see some of you again, and will be at parkrun next week! X 11:36

Just wanted to send a message to thank the organisers of Seaford Striders c25k program. I haven't been able to commit to the training sessions each week due to limited childcare so I was dubious about coming down this morning for the graduation run. I'm so blooming glad I did though! Thank you so much too to the Striders who checked in on me, had a chat and even ran with me for a while x 11:25

Yes thank you to everyone so supportive and an amazing group of people x Couldn't have done it without you x 11:12

a big thank-you to Sandra who kept me going. had a horrible time and just could not jog for more than 10 minutes. if it was not for Sandra urging me on I would have given up. going to work on being able to jog for the whole 5k. despite that I have really benefited from the whole program and all you Striders are a truly wonderful group of people. you all deserve a great big hug. 15:11

Jeezzzz that was hard !! Thank you all so much for your support and encouragement over the past few weeks, and especially today ! I loved being apart of the couch 2 5k with you guys ❤️❤️ 11:55

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/>



Heathfield Mid Summer 10K



By James Marron

After a big club turnout at the Hastings Half in March, and double figures at the Haywards Heath 10 Mile; two races in we found ourselves in 2nd place in the SGP club competition and just 1 point behind surprise early leaders Peacehaven RC. However the next three races were small and far away (Horsham 10k, Rye 10 Mile and the Hastings 5 mile) with only a handful of our most dedicated racers turning out. We subsequently slid down the table to 9th overall; would making the Heathfield 10k a CGP race for the first time turn things around?

The race actually takes place on the quiet country roads south of Cross in Hand village, not around Heathfield itself. The Race HQ and finish line are at the Heathfield & Waldron RFC ground. The only flat part of the course is the grass playing field run-in at the end. This race is notable for the first half being mostly downhill and the last mile-and-a-half being all up, good luck negative splitting!

On the day the weather was pleasantly warm and sunny. The rugby ground was hot, but thankfully the course itself was mostly under trees and sheltered from the worst of the sun. After the pre-race briefing everybody walked round to the start line, a short distance away on Back Lane. The road is narrow, so dawdlers like myself found themselves further back than they would like at the off. The cannier runners, like Gareth, had skipped the brief entirely and were already at the front well before everyone else arrived, something I'll try and remember for next time.

Having previously run the race two years ago and dying half a mile from the end, I knew not to go all out on the opening downhill section, and tried to keep something in the tank for the end. Pacing on an undulating course like this is near impossible with a watch, so I had to go by perceived effort most of the time. It also helped that I'd run quite a few SGP races by now, and

knew which of the familiar faces I should be ahead of or behind. After a couple of miles of steady overtaking I'd caught up with my peers and was content to hold position on the middle section in anticipation of the big uphill effort to come. The final hill starts at 4.6 miles and seems to go on forever (only 1.5 miles), I was stronger than last time and actually gained a handful of places instead of losing them. The turn into the playing field was a very welcome sight and like a lot of other runners the relief of being back on level ground and seeing the finish line gave me the energy to go for a big sprint finish. I finished 20 seconds faster than last time, chip time 40:38, in 24th position.

The ice pops handed out at the finish line were a very welcome innovation alongside the more usual orange slices and bananas. There was even a reusable goody bag with a posh bar of soap, perfect for regifting! For further refreshments there was a cake stall and a good quality burger and sausage roll stand. All-in-all this is a very well run event, the volunteers and marshals were at a Striders level of cheeriness, particularly the water pistol posse about half way up the final hill. One final bonus, those who stayed to the very end got free cakes as the stall closed down!

The race was won by Alex Jeffreys of Brighton Phoenix, first lady was Alison Moore of Eastbourne Rovers. Ex-Strider and Peacehaven head honcho Tommy Knight got his first podium place in an SGP race with an excellent 2nd place finish. Peacehaven also got 2nd & 3rd places in the ladies competition. Brighton Phoenix won the team prize, helped by 2nd-claim Strider Richard Impey finishing in 7th place. The highest placed Seaford runner was Gareth Hutchinson in 12th place, congratulations to Gareth on also winning the Male Vet 50-55 Age Category trophy. SGP debutante Bethany Creese was the highest placed female Strider, finishing 5th lady overall and missing the podium by only about a minute.

We had 23 runners in total, an excellent turnout that earned us 4th place on the day (just ahead of an Ollie-less Peacehaven in 5th). This was good enough to move us up 2 places to 7th in the overall table. Peacehaven Run Club are still in 1st place, ahead of last year's winners Hailsham Harriers. The next race is Bewl 15 on the 5th of July, another good showing here could move us further up the table, hope to see you there!

Thanks to all the Striders who ran, and I hope you enjoyed the day as much as I did.

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

Bonus Points

races, and if this is equal, who got the highest score in those races.

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	Bowl 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	7 November 2026*	Age Grading	Change of date
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

Male Results - Update 01/07/26

Pos	Name	Whitbread Hollow XC	Brighton Half	Hastings Half	Brighton Marathon	Seaford Martello Half	Dream Mile	Haywards Heath 10 Mile	Seaford Beach Parkrun	Downs Link Parkrun	Heathfield 10k	Peacehaven 10k	SS V/B Point	Total Points	No. of Runs
1	James Marron	26	28	29	28		30	29	10	30	28	29		267	10
2	Richard Preece	22		18			27	29	30	30	24			180	7
3	Nick Farley		29	27		29	26			28		30		171	6
4	Gary Collings	25					26	31	28	28		27		165	6
5	Garoth Hutchinson	28		30			29	30			29			146	5
6	Austin Warren	24		26	26	27					25			128	5
7	Fabian Eason				27	28			18	25		26		124	5
8	Russ Hewlett	23		19	23				9	25	21			120	6
9	Martyn Craddock	19		21				25	27		23			115	5
10	David Hayes		19	12		15		26			16	21		109	6
11	Matthew Winton	21			21				17	22	18			99	5
12	Fabrizio Ferioli			23	24	25			21					93	4
13	Richard Impey		30								30	28		88	3
14	Dominic Hind				22		23		19	23				87	4
15	Luke Borland	29		28							27			84	3
16	Peter Jaques		22		19	20			23					84	4
17	Tom Webb		24				25		13	22				84	4
18	Steve Ramsey				17		20	27	14					78	4
19	Noel Painting		20	16		18	22							76	4
20	Mark Andrews			14	18		21		16					69	4
21	Simon Peck			20					27		20			67	3
22	Tom Forristal				14	13		25			15			67	4
23	Stephen Marsden			22			24		20					66	3
24	Darren Wymer		17		10	17						22		66	4
25	Graham Jones								28	28				56	2
26	Jay White		27		29									56	2
27	Ray Smith	20		17							19			56	3
28	Peter Fannon		16		11				7	21				55	4
29	James Miles	27									26			53	2
30	Simon Wattam		25			26								51	2
31	Leslie Mayger					11			22			17		50	3
32	Alan Browne				25	24								49	2
33	Ollie Card		26									23		49	2
34	Steven Teale			15		16			1		17			49	4
35	Jack Walsh										22	24		46	2
36	Collin Browne		23			22								45	2
37	Adam Haverley		21		20									41	2
38	Yonas Beyene					23			17					40	2
39	Ralph Jennings							27	12					39	2
40	Kevin Ives	18					18							36	2
41	Gavin Wright					14						20		34	2
42	Sam Horscraft					19	15							34	2
43	Kevin Tant		18		15									33	2
44	Charles Atkinson						14					18		32	2
45	Simon Homer			11	16				4					31	3
46	Joel Eaton				30									30	1
47	Josh Nisbett	30												30	1
48	Matt Clare					30								30	1
49	Phil Stevenson								30					30	1
50	Alex Colwell						16		11					27	2
51	Michael Priest								8			19		27	2
52	Ron Van Heuvelen	17		10										27	2
53	James Dopson			25										25	1
54	Joe Norris											25		25	1
55	James Smith			24										24	1
56	Phil Robinson								24					24	1
57	Tom Bell					21			2					23	2
58	Sam Warren						19							19	1
59	Jack Walsh						17							17	1
60	Michael Veale			13										13	1
61	Trevor Jones				13									13	1
62	Andrew Gorrie				12									12	1
63	Scott Charlwood					12								12	1
64	Lindsay Stilton					10								10	1
65	Steve Harman								8					8	1
66	Damian Partridge								5					5	1
67	Kevin Potter								3					3	1
68	Ali Batchelor								1					1	1
69	David Bradshaw								1					1	1
70	Martyn Quigley								1					1	1
71	Nick Cox								1					1	1
72	Phil Baker								1					1	1

Club Grand Prix

Female Results – Update 01/07/26

Pos	Name	Whitbread Hollow XC	Brighton Half	Hastings Half	Brighton Marathon	Seaford Martello Half	Dream Mile	Haywards Heath 10 Mile	Seaford Beach Parkrun	Downs Link Parkrun	Heathfield 10k	Peacehaven 10k		SS V/B Point	Total Points	No. of Runs
1	Katherine Simmons	27	24	30					19		29	26			155	6
2	Emma Godden		25	26				33			28	28			140	5
3	Anneka Redley-Cook	30	28			30			23	28					139	5
4	Bethany Creese				29				24		30	29			112	4
5	Simone Amis			27	23		30		29						109	4
6	Jo Robinson			21	8		24		3		26	17			99	6
7	Jeanette Wells				11			30	1		24	19			85	5
8	Julie Fannon		16		6		26		8	27					83	5
9	Kay Crush				14				20		27	20			81	4
10	Kellie Snow		22	29	26										77	3
11	Debbie Priest		20		19				16			22			77	4
12	Katie Mayo					27	27		14						68	3
13	Jen Williams				13			32	22						67	3
14	Sandra Standen				5				21		23	18			67	4
15	Sam Alvarez								30	31					61	2
16	Rosie Neill		30									30			60	2
17	Victoria Maleski		15		4				14	27					60	4
18	Emily Danvers	29			30										59	2
19	Amanda Feast		29						26						57	2
20	Charis Crudgington	28				28									56	2
21	Ellie Woolcott					24		31	1						56	3
22	Lisa Parkinson		27		28										55	2
23	Lauren Stallard				23	25			5						53	3
24	Lindsay Tearle			28	24										52	2
25	Paula Tiller			24								27			51	2
26	Louise King					26						24			50	2
27	Janine Bishop			19	10							21			50	3
28	Michelle Mills		23		21										44	2
29	Justine Ridgway			22	17										39	2
30	Stacey Pollard		21		18										39	2
31	Jacquie Trott								13			25			38	2
32	Kate Lewis			25	9										34	2
33	Sara Baitup		17		16										33	2
34	Erica Martin									29					29	1
35	Jazz Dymott					29									29	1
36	Katherine Dobson						29								29	1
37	Tanya Tullett								29						29	1
38	Tina Warren						28								28	1
39	Kathryn Warren				27										27	1
40	Lindsay Baker								27						27	1
41	Kajsa McMullen		26												26	1
42	Sam Cornwell						25		1						26	2
43	Carly Holmes				25										25	1
44	Jemma Crawford								25						25	1
45	Lu Sanchez										25				25	1
46	Alex Morris			23											23	1
47	Masey Jane											23			23	1
48	Amy Fearn								21						21	1
49	Elizabeth Veale			20											20	1
50	Natasha Hickin				20										20	1
51	Sue Leppard		19												19	1
52	Gemma Watts		18												18	1
53	Kate Parkinson								17						17	1
54	Amanda Harman				7				10						17	2
55	Gillian Tansley								15						15	1
56	Kat Chamberlain				15										15	1
57	Jane Kemp				12										12	1
58	Jean Hunt								11						11	1
59	Melissa Luckin								9						9	1
60	Sue Dawson								7						7	1
61	Chloe Herbet								6						6	1
62	Dorinda Dodd								4						4	1
63	Helen Ramsey								2						2	1
64	Hayley Cole								1						1	1
65	Jacky Pollard								1						1	1
66	Lorraine Quigley								1						1	1
67	Sue Wallis								1						1	1
68	Susan Page								1						1	1

Recent Results

East Grinstead 10 Mile 02/05/2026

29	Ollie Sprague(Peacehaven)	01:23:42
33	Richard Preece	01:24:36
51	Gary Collings	01:29:20
80	Ralph Jennings	01:34:22
88	Jennifer Williams	01:35:58
146	Emma Godden	01:49:03
148	David Hayes	01:49:24
165	Tom Forristal	01:52:04
210	Ellie Woolcott	02:06:45
245	Jeanette Wells	02:35:12

Three Forts Marathon

122	Steve Green	05:48:20
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Hayward Heath 10 Mile 03/05/2026

1	Ollie Sprague(Peacehaven)	00:57:41
15	Gareth Hutchinson	01:02:34
24	James Marron	01:05:28
39	Gary Collings	01:09:59
57	Stephen Ramsey	01:13:14
77	Richard Preece	01:15:48
126	Martyn Craddock	01:21:14
137	Ralph Jennings	01:22:31
267	David Hayes	01:38:14
271	Emma Godden	01:38:28
309	Tom Forristal	01:44:02
326	Jennifer Williams	01:45:37
368	Ellie Woolcott	01:55:17

Worthing Half Marathon 03/05/2026

30	Matt Clare	01:21:45
130	Rolando Hutchinson	01:31:49
137	Tom Webb	01:32:22
158	Amanda Feast	01:33:26
410	James Dopson(Lewes)	01:42:48
719	Peter Jaques	01:51:24
904	Trevor Jones	01:55:24
472	Jack Walsh	01:45:06
1494	Lucinda Dopson(Lewes)	02:09:28
1950	Peter Fannon	02:28:20
2001	Julie Fannon	02:31:42

Southampton Marathon 03/05/2026

122	Kevin Pride	03:26:19
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Burgess Hill 10K 04/05/2026

31	Ollie Sprague(Peacehaven)	00:48:13
34	Gary Collings	00:48:46
45	Richard Preece	00:49:36
136	Ralph Jennings	00:57:23
185	Katie Mayo	01:01:05
193	Paula Tiller	01:01:53
195	David Hayes	01:02:25
202	Tom Forristal	01:03:09
204	Emma Godden	01:03:36
276	Ellie Woolcott	01:11:28
336	Jennifer Williams	01:22:52
339	Paul Swinnerton	01:23:54
345	Jeanette Wells	01:24:57

Milton Keynes Marathon 04/05/2026

1296	Darren Wymer	04:08:47
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Bogholper Holy Trail Marathon 09/05/2026

2	Steve Green(100th Marathon)	05:03:49
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London West Tough Mudder 09/05/2026

Matt Winton

Run to the Sea 50K 09/05/2026

154	Phil Robinson	06:27:07
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Sussex AA Track and Field Champs 09/05/2026

10/05/2026

1500m

8	Alfie Batchelor(Lewes AC)	04m15:91
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800m

10	Ava Danbury	02m48:24
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5K

12	Amanda Feast	19m:40:67
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1500m

9	Phill Stevenson(Lewes AC)	16m28:82
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Rathfinny 10K+ 10/05/2026

3	Nick Farley	00:44:41
5	Fabrizio Ferioli	00:52:20
34	Richard Househam	01:02:31
52	Alison Househam	01:05:05
57	David Hayes	01:05:34

Rathfinny Half Marathon 10/05/2026

2	Matt Clare	01:32:02
3	James Marron	01:37:52
26	James Dopson(Lewes AC)	02:01:00
38	Adam Haverly	02:11:46

Horsham 10K 10/05/2026

3	Ollie Sprague(Peacehaven)	00:34:02
9	Richard Impey(Phoenix)	00:37:49
12	Luke Borland	00:39:03
17	James Miles	00:40:21
-	Austin Warren	DNF

Bumblebee Marathon 10/05/2026

3	Jason Weetman	04:29:35
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Bumblebee Half Marathon 10/05/2026

6	Michael Veale	02:12:55
7	Dominic Hind	02:16:01
14	Elizabeth Veale	02:46:21
16	Lauren Stallard	03:02:47
17	Kay Crush	03:02:50
18	Sandra Standen	03:50:29
19	Jeanette Wells	03:50:49

Cocking 20k 10/05/2026

6(MV50)	Steven Teale	02:02:11
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Recent Results

Hua Hin Half Marathon 10/05/2026

19 Dave Dunstall 01:40:50

Seaford 10K 10/05/2026

4 Alfie Batchelor(Lewes) 00:35:33
14 Gary Collings 00:40:19
19 Sam Alvarez 00:42:02
20 Tom Webb 00:42:14
30 Bethany Creese 00:43:56
34 Simon Peck 00:45:07
36 Russell Hewlett 00:45:15
40 Jack Walsh 00:45:45
101 Melissa Luckin 00:57:24
114 Ali Batchelor 00:59:11

Compton Marathon 16/05/2026

37 Aaron Pooley 04:33:57

Mahasmut Trail Race, Thailand(24.8K) 16/05/2026

18 Dave Dunstall 04:01:02

Bognor Regis 10K 17/05/2026

24 Matt Clare 00:37:22
770 Bronwyn Clare 00:54:14

Rye 10 Mile 17/05/2026

1 Ollie Sprague(peacehaven) 00:56:23
10 Gareth Hutchinson 01:03:45
16 James Marron 01:06:14

Hackney Half Marathon 17/05/2026

4630 Ralph Jennings 01:42:27
4973 James Dopson(Lewes AC) 01:43:21
- Lucinda Dopson(Lewes AC) DNF

Brocken Hurst Naked 5K 17/05/2026

- Richard Preece 00:22:17(st)

Mud Monster Run 17/05/2026

- Joel Eaton 00:12:58
- Emily Danvers 00:12:58
- Cece Eaton 00:12:58
- Caleb Eaton 00:12:58

Plymouth Half Marathon

3089 Trevor Jones 02:22:28

UK Ultra South Downs 50K 23/05/2026

72 Lisa Parkinson 06:49:09
73 Martyn Craddock 06:49:56
90 Rob Fay 07:19:47

Uk Ultra Seven Sisters Half Marathon 23/05/2026

5 Matt Clare 02:00:16
34 Charis Crudgington 02:39:40
47 Lindsay Stirton 02:46:43
52 Michelle Mills 02:49:06

London to Brighton Ultra Challenge 23/05/2026

156 James Dopson(Lewes AC) 15:55:11
515 Sarah McDermott 31:31:46

Lanzarote Full Ironman 23/05/2026

106 Rolando Hutchinson

Swim 01:12:41 Tr 00:09:49
Bike 07:14:24 Tr 00:13:16
Run 05:09:43 Finish 13:59:53

Phoenix Butterfly Marathon 24/05/2026

7 Jason Weetman 04:58:12

Cheshire 10K 24/05/2026

905 Louise King 01:11:09

Battersea 10K 27/05.2026

53 Sam Alvarez 00:42:40
111 Martyn Craddock 00:46:57

Cuckoo 10K 31/05/2026

Louise King
Julie Fannon

Wirral 5K 31/05/2026

128 Emma Boswell 00:36:07

Stockholm Marathon 30/05/2026

6643 Jez Field 04:22:05
11485 Kevin Tant 05:22:28

Hastings 5 Mile 31/05/2026

23 Gareth Hutchinson 00:29:55
30 Luke Borland 00:30:55
34 James Marron 00:31:03
48 James Miles 00:31:59
481 Jo Robinson 00:55:23

SDW Relays 06/06/2026

Luke Boorland, Nick Farley, Lisa Parkinson, James Marron, Matt Clare, Anneka Redley Cook

11 Seaford Striders Team 12:36:03

St Wilfrids 5K Colour Run 06/06/2026

- Sue Curtis
- Hazel Tarrant
- Kat Chamberlain
- Emily Danvers
- Jo Robinson
- Gary Russell
- Stacey Pollard
- Kat Warren

BrightEN 10K 07/06/2026

42 Sam Alvarez 00:42:11
166 Darren Wymer 00:50:43

BrightEN 10 Mile 07/06/2026

79 Joshua Nisbett 01:14:22
133 Graham Jones 01:19:53CR

Recent Results

Weald Challenge Half Marathon 07/06/2026

39	Richard Preece	01:59:05
158	Dominic Hind	02:24:29
200	Steven Teale	02:37:12
201	Sue Curtis	02:37:14
202	Hazel Tarrant	02:37:18
244	Louise King	02:43:46
299	Jacque Trott	03:12:49

Worthing 10K 07/06/2026

27	Ollie Sprague(Peachaven)	00:35:39
35	Phill Stevenson(Lewes AC)	00:36:02
193	Fabian Eason	00:41:16
1263	Lindsay Tearle	00:58:20
1349	Ellie Woolcott	01:00:10
1408	Michael Priest	01:00:43
1558	Debbie Priest	01:04:18
1584	Justine Ridgway	01:04:49
1619	Martyn Quigley	01:05:55
1788	Robert Tearle	01:12:05

Rio De Janeiro Marathon 07/06/2026

8998	Lindsay Stirton	04:29:40
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Friston Longman 10K

1	Matt Clare	00:45:20
5	Rob Fay	00:56:58
7	Raymond Smith	01:02:14
15	Kathryn Warren	01:06:08
16	Matthew Winton	01:06:14

SDW 100 Mile 13/06/2026

-	Adam Haverly	(vomiting)	DNF(45.6m)
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Bewl Half Marathon 13/06/2026

93	Tom Bell	02:00:44
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St Albans Half Marathon 14/06/2026

2111	Darren Wymer	02:38:22
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Heathfield 10K 14/06/2026

7	Richard Impey(Phoenix)	00:37:37
12	Gareth Hutchinson	00:38:10
24	James Marron	00:40:38
27	Luke Borland	00:41:05
30	James Miles	00:41:49
49	Austin Warren	00:44:24
64	Bethany Creese	00:46:17
77	Richard Preece	00:47:05
97	Martyn Craddock	00:48:16
95	Jack Walsh	00:48:24
109	Russ Hewlett	00:48:58
113	Simon Peck	00:49:33
122	Raymond Smith	00:50:25
128	Matthew Winton	00:50:48
164	Steven Teale	00:54:06
177	David Hayes	00:55:06
225	Katherine Simmons	00:59:20
233	Emma Godden	01:00:49
280	Tom Forristal	01:06:03
307	Kay Crush	01:10:55
316	Jo Robinson	01:13:45
322	Lu Sanchez	01:15:49
324	Jeanette Wells	01:18:46
325	Sandra Standen	01:18:48

Tromsø Midnight Sun Half Marathon 20/06/2026

411	Richard Preece	01:42:49
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Eastbourne 10K 21/06/2026

4	Phill Stevenson(Lewes Ac)	00:36:28
84	Rosie Neill	00:46:18
99	Bethany Creese	00:47:59
107	Russell Goodwin	00:48:32
384	Michael Priest	01:05:32
436	Debbie Priest	01:09:50
529	Julie Taylor	01:20:57

Beyond London 55K Ultra 21/06/2026

105	Phil Robinson	07:05:25
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Longbridge Backyard Marathon Ultra 26/06/2026

2	James Dopson	DNF 24 laps	100miles
14	Jason Weetman	DNF 15 laps	62.5miles
27	Alan Browne	DNF 11 laps	45.9miles
35	Ralph Jennings	DNF 9 laps	37.5miles
37	Jay White	DNF 9laps	37.5miles
39	Sam Horscraft	DNF 9 laps	37.5miles
42	Pete Jaques	DNF 7 laps	29.1miles

LCW Half Triathlon Wales 26/06/2026

1.2 mile Swim 80 mile Bike Half Marathon

91	Josh Nisbett	09:08:00
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Swim 00:33:14 Bike 07:03:59 Run 01:30:47

Regents Park 5K 27/06/2026

13	Bethany Creese	00:21:11
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Peacehaven 10K 28/06/2026

4	Ollie Sprague	00:42:31
7	Nick Farley	00:44:48
9	James Marron	00:45:35
14	Richard Impey	00:48:00
15	Gary Collings	00:48:01
16	Fabian Eason	00:48:05
25	Rosie Neill	00:52:08
27	Joe Norris	00:53:24
31	Bethany Creese	00:54:05
33	Jack Walsh	00:54:52
53	Ollie Card	01:00:55
77	Darren Wymer	01:06:17
81	David Hayes	01:07:17
82	Emma Godden	01:07:17
86	Paula Tiller	01:07:54
90	Gavin Wright	01:10:09
96	Michael Priest	01:11:45
101	Charles Atkinson	01:13:06
107	Katherine Simmons	01:15:03
108	Leslie Mayger	01:15:03
116	Jacque Trott	01:17:34
117	Louise King	01:17:42
119	Jane Masey	01:18:06
123	Debbie Priest	01:21:35
124	Janine Bishop	01:22:11
127	Kay Crush	01:24:30
142	Jeanette Wells	01:32:35
145	Sandra Standen	01:33:56
148	Joanne Robinson	01:36:45
-	Ellie Woolcott	DNF

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 track	Amanda Feast	00:19:40	Crawley	10/05/2026				
5k	Amanda Feast	00:19:36	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	00:16:37	Seaford Beach P/R	30/05/2026
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	Bruton 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	01:19:53	Brighton	07/06/2026
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	Date		Women	Time	Location	Date
100M									
SM	Timothy Dymott	00:13:37	Lewes	24/11/2025	SF	Jennifer Williams	00:14:38	Lewes	08/07/2024
MV40	Jez Field	00:13:09	Lewes	24/11/2025	FV40	Katie Mayo	00:19:38	Lewes	24/11/2025
MV50	Gareth Hutchinson	00:14:77	Lewes	24/11/2025	FV50	Jo Bruggenwirth	00:17:27	Lewes	08/07/2024
MV60	Richard Preece	00:17:33	Lewes	24/11/2025	FV60	Victoria Maleski	00:25:69	Lewes	24/11/2025
200M									
SM	Dylan Jones(U17]	00:25:17	Crawley	11/06/2022	SF	Jazz Dymott	00:34:30	Lewes	11/07/2021
MV40	Joel Eaton	00:28:95	Lewes	24/11/2025	FV40	Katie Mayo	00:41:11	Lewes	24/11/2025
MV50	Gareth Hutchinson	00:33:71	Lewes	08/07/2024	FV50	Jo Bruggenwirth	00:37:02	Lewes	08/07/2024
MV60					FV60	Tina Harris-Ross	00:42:16	Lewes	24/11/2025
400M									
SM	Timothy Dymott	01:02:48	Lewes	24/11/2025	SF	Jennifer Williams	01:16:73	Lewes	08/07/2024
MV40	Joel Eaton	01:02:59	Lewes	24/11/2025	FV40	Jemma Crawford	01:24:10	Eastbourne	12/06/2024
MV50	Gareth Hutchinson	01:14:75	Lewes	24/11/2025	FV50	Sam Alvarez	01:23:81	Lewes	08/07/2024
MV60	Richard Preece	01:20:59	Lewes	24/11/2025	FV60	Victoria Maleski	01:55:46	Lewes	08/07/2024
800M									
SM	Steve Ramsey	02:47:42	Lewes	24/11/2025	SF	Bethany Creese	02:42:83	Lewes	24/11/2025
MV40	Gareth Hutchinson	02:29:70	Lewes	12/6/2017	FV40	Katie Mayo	03:32:40	Lewes	24/11/2025
MV50	Ray Smith	02:44.03	Lewes	08/07/2024	FV50	Sam Alvarez	03:11:16	Lewes	08/07/2024
MV60					FV60	Victoria Maleski	04:19:23	Lewes	08/07/2024
1500M									
SM	Alfie Batchelor(U15)	04:27:42	Brighton	30/07/2025	SF	Bethany Creese	05:25:27	Lewes	24/11/2025
MV40	Phill Stevenson	04:40:59	Brighton	07/05/2025	FV40	Jemma Crawford	06:11:20	Eastbourne	12/06/2024
MV50	Gareth Hutchinson	05:10:34	Brighton	07/05/2025	FV50	Sam Alvarez	06:12:78	Lewes	08/07/2024
MV60	Richard Preece	06:05:18	Lewes	24/11/2025	FV60	Tina Harris-Ross	08:13:16	Lewes	24/11/2025
1 Mile									
SM	Jamie Stenning	04:40:00	Seaford		SF	Amanda Feast	06:00:48	Eastbourne	24/05/2024
MV40	Gareth Hutchinson	05:20:20	Crawley	04/05/2017	FV40	Lynsey Millar	07:08:00	Lewes	17/08/2024
MV50	James Marron	05:22:96	Lewes	19/08/2023	FV50	Sam Alvarez	06:21:24	Lewes	18/03/2024
MV60	Dave Dunstall	05:42:19	Lewes	19/08/2023	FV60	Katherine Dopson	08:54:29	Lewes	27/04/2026
3000M									
SM	Richard Impey	09:49:49	Worthing	18/06/2024	SF	Anneka Redley-Cook	12:49:95	Lewes	08/07/2024
MV40	Gareth Hutchinson	10:47:02	Lewes	04/07/2016	FV40				
MV50	Austin Warren	12:00:14	Lewes	08/07/2024	FV50				
MV60					FV60				

New club records this month

Several more club records were again set this month. First off Amanda Feast continued her return to form and set a club senior female 5K track record with an impressive 00:19:40. Also in the 5K Joel Eaton managed to improve his own MV40 time recording 00:16:37 at Seaford Beach Parkrun. Lastly Graham Jones continues his astonishing run of form setting a new club 10 mile record in the MV70 category with a time of 01:19:53 at Brighton.

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.....

The Ralphie Gennings Method

If a tree falls in the forest and Ralphie Gennings is running past, did it really happen if it wasn't posted on social media?

The answer, of course, is no.

As one of Sneaford Sniders Running Club's best-known characters, Ralphie has documented everything from glorious sunrises to muddy trainers, post-run breakfasts and the occasional motivational quote. His followers know his training schedule almost as well as he does.

This year, Ralphie had trained like a man possessed for the Backyard Ultra. Long runs, back-to-back weekends, endless laps—he was fitter than ever.

Then came his toughest opponent.

...The bath.

Some say it was the soap. Others say it was overconfidence. Whatever the cause, Ralphie attempted the daring manoeuvre known as “getting out of the bath” and spectacularly failed. In a move that would have scored highly on Britain's Funniest Home Videos, he slipped, twisted his back and transformed months of careful training into one very painful shuffle.

The irony wasn't lost on anyone.

“You can run for 24 hours over the hills” laughed one club mate, “but a bathroom defeated you.”

Still, race day arrived and, true to form, Ralphie wasn't going to let a little thing like a malfunctioning back stop him.

He ground out lap after lap, grimacing more than smiling, while trying to convince everyone—and probably himself—that he was “loosening up.”

Then the weather decided to join in.

As darkness fell, the skies erupted. Rain hammered down, thunder cracked overhead and lightning flashed around the course. Most people would've taken it as a sign to head home.

Not Ralphie.

He splodded on through the storm like an extra from a disaster film, looking equal parts exhausted and heroic. Somewhere, his phone was probably wondering why it hadn't been asked to record another video.

Eventually, common sense—and his back—won the argument. He finished well short of last year's tally, a result that hurt almost as much as the bath incident itself.

Naturally, the first thing he did afterwards was tell the world about it.

The photos appeared. The race summary followed. The battle scars were displayed from every conceivable angle.

Because if Ralphie Gennings teaches us anything, it's this:

You can lose a race to a slippery bar of soap...

...but you'll always win the content. And if history tells us anything, he'll be back next year—possibly fitter, definitely wiser, and almost certainly installing a non-slip bath mat.

Mince Pie Ten



Save the date: Mince Pie 10 –
Sunday 6th December 2026



★ Club Members: This is your annual call to marshal!

The Mince Pie 10 is one of the biggest, most festive and most loved events in our club calendar. While runners from across Sussex take on the muddy miles, Striders make the magic happen. From marshalling to registration, car-park duty, course setup and all the behind-the-scenes wizardry that keeps the day running smoothly.

This year is extra special with our 40th Anniversary, so we want the strongest Striders turnout yet.

👤 Why you should volunteer

- It's our flagship event — the one the running community knows us for.
- A brilliant club day out full of festive cheer, teamwork and mince pies.
- Striders don't run the race — we all volunteer so the event can shine.
- Roles for everyone: course marshal, HQ support, car park, sweep team, kit swap, and more.

📺 Bonus: Striders were invited to design the 2026 finisher medal.

★ Let's make this the best Mince Pie 10 yet

Your help is what makes this event special — festive outfits optional, enthusiasm essential.



Committee Member Contacts

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

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Chair

Victoria Maleski

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Next Issue Deadline

24 August 2026



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