SEAFORD STRIDERS

NEWSLETTER

40th ANNIVERSARY EDITION 1986-2026

IN THIS ISSUE

100 Marathons

Peacehaven's 400th Parkrun

Run to the Sea Bournemouth

Big Half

Bates Green Gallop

Bates Green Relay

Loch Ness Marathon

Jen's Humpty Dumpty Poem

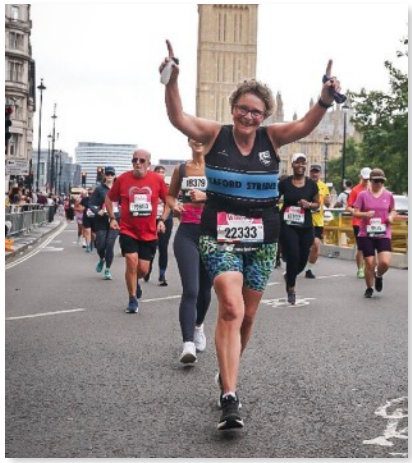
My First Triathlon

London to Brighton 100K

40th Celebration Recipes







Victoria runs the place

I feel so lucky to be part of Seaford Striders and I'm sure you all do too!

It's coming up to ten years ago when I went to Downs Leisure Centre for the first day of Seaford Striders first ever Couch to 5k. It was a massive thing for me to attempt to do but I was immediately made to feel welcome and encouraged by everyone who was helping out. I could feel the empathy, inclusivity and the enthusiasm that would eventually guide me to achieve what I had previously perceived to be impossible.

That sense of non-judgemental and enthusiastic encouragement has continued throughout my time as a member of Seaford Striders.

All our runners are amazing, but some of them are able to achieve faster times and / or longer distances than others. Some relish the chance to front run and be in with a chance of winning trophies, others just enjoy the companionship you get going out on a social run or maybe your weekend isn't complete without being part of a mass participation event in a major city.

It could be you excel in a track environment or want to push yourself battling up a South Downs escarpment.

You may run nonstop, or you choose to run / walk. For some Wednesday Night Striders is a chance to chat away with your running buddies whilst other may regard it as a full-on training session. Maybe our walking group is your thing.

The beauty of Striders is that there is something for everyone. It's your choice and whatever you choose to do you can be sure of encouragement that will enable you achieve what you want.

It's particularly great to see the enthusiasm of all our juniors. In developing a love of exercise they are creating fantastic memories and having fun doing it.

You can see the real magic of Striders at any one of our local events. The wonderful shout outs for all the Striders as you go round spurs you on when the going is tough, some of the faster Striders run back to support the slower runners. I often hear comments from other runners about how the Striders spirit shines through and I'm sure this has led to our membership expanding.

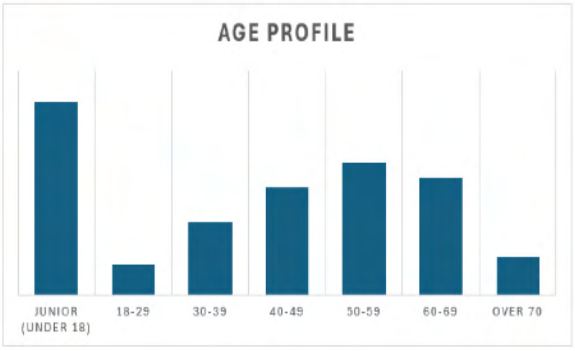
So many Striders volunteer in our club or in the local running community, maybe at parkrun, through other local running events. Thank you for everything that you do as this helps encourage everyone on their running journey. If you don't currently volunteer why not try it out, it's great to give something back.

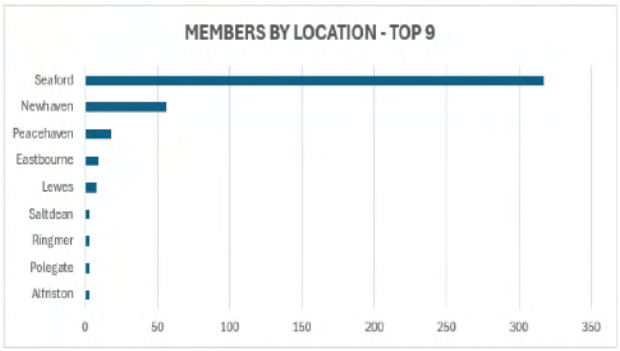
As we approach our 40th anniversary I want to thank those that had the foresight to set up the club all those years ago. I hope you are rightly proud of what the club has become! We currently have over 430 members – what a legacy you have created and long may it continue.

Seaford Striders Statistics

SEAFORD STRIDERS

MEMBERSHIP TYPES	Total 2025	Expired in 2026	2026 New	Net Rise (Drop)	Total 2026
Affiliated Adult	103	-14	8	-6	97
Adult	103	-28	33	5	108
Affiliated Senior	30	-1	2	1	31
Senior	48	-10	11	1	49
Affiliated Unemployed/Student	6	-3	0	-3	3
Unemployed/Student	3	-1	7	6	9
Social	2	-2	1	-1	1
Affiliated Junior	2	0	0	0	2
Junior	72	-19	28	9	81
Junior Sibling	32	-6	11	5	37
Life Members	8	0	0	0	8
Affiliated Free memebers	2	0	0	0	2
Junior Committee	1	0	0	0	1
	412	-84	101	17	429





AGE ANALYSIS

Junior (Under 18)	120
18-29	19
30-39	45
40-49	67
50-59	82
60-69	73
Over 70	23
Total	429

GENDER ANALYSIS

Male	218
Female	210
Other	1
Total	429

Affiliated Members:

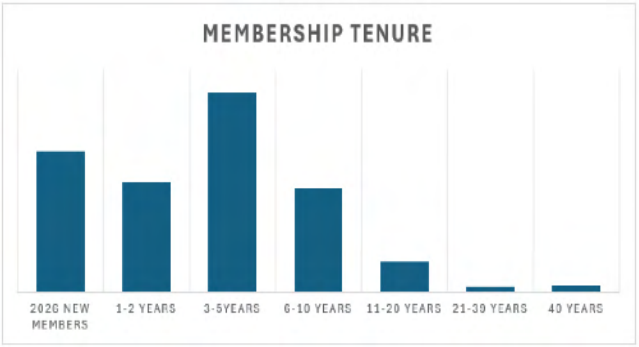
Senior	133
Junior	2
Total	135 31.5% of members affiliated

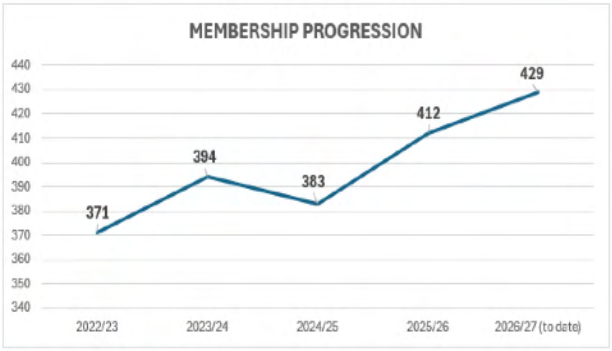
2nd Claim Members:

10

MEMBERS BY LOCATION

Area	No	%-age	Dist from Seaford (mi)
Seaford	317	73.89%	0
Newhaven	56	13.05%	4
Peacehaven	18	4.20%	6
Eastbourne	9	2.10%	10
Lewes	8	1.86%	11
Saltdean	3	0.70%	4
Ringmer	3	0.70%	10
Polegate	3	0.70%	13
Alfriston	3	0.70%	8
East Dean	2	0.47%	13
Brighton	2	0.47%	5
Worthing	1	0.23%	21
Swanborough	1	0.23%	7
Golden Cross	1	0.23%	11
Alciston	1	0.23%	13
Bexhill-on-Sea	1	0.23%	43
Total	429		





STRIDERS DURATION ANALYSIS

2026 New members	101
1-2 years	79
3-5years	143
6-10 years	75
11-20 years	22
21-39 years	4
40 years	5
	429

MEMBERSHIP PROGRESSION

Mbrshp Year	Total Members
2022/23	371
2023/24	394
2024/25	383
2025/26	412
2026/27 (to date)	429

Gareth Hutchinson

Here are some photos from Gareth Hutchinson.

Gareth went to the first club meeting held at Seaford Head School on 15 October 1986. He ran with Striders for the first few years of the club's existence.

Gareth has been an ever-present since rejoining in 2010 and is currently one of our LIRFs and Men's Vice Captain.





Seaford Head 10K



Bowden House Fun Run



Seaford Seafront



Seaford Head 10K



Seaford Seafront



Seaford Seafront





Downs Football Match



Stanmer Park

Interview with Martin Bulger



Click video to play

Martin Bulger: The Man Who Helped Start It All

From a conversation on the drive home to 40 years of Seaford Striders.

Every running club has a story and ours began with an idea.

In 1986 Martin Bulger and fellow runner Peter Forster were driving home from training at the Saffron's Club in Eastbourne when Martin wondered how much interest there might be in forming a running club in Seaford. An advert was placed in the Friday Ad inviting people to a meeting at Seaford Head School on 15 October 1986. Seaford Striders was born!

The following week 27 members gathered at the Salts Recreation Ground car park, changed for their run and took part in the club's first time trial. From those humble beginnings, the club has grown into the Striders we know today.

Martin was not just a founder, he was an amazing distance runner. In 1987 he recorded a marathon PB of 2 hours 41 minutes at the New Forest Marathon. His appetite for endurance was even more impressive in 1997.

Martin completed the 145 mile Grand Union Canal Run in 39 hours and 55 minutes.

His marathon journey eventually reached an extraordinary milestone. In 1999 Martin completed his 100th marathon on his 50th birthday at the Seven Sisters Marathon. By 2014, he had reached 160 marathons and ultramarathons, a remarkable tally that included thousands of miles of running.

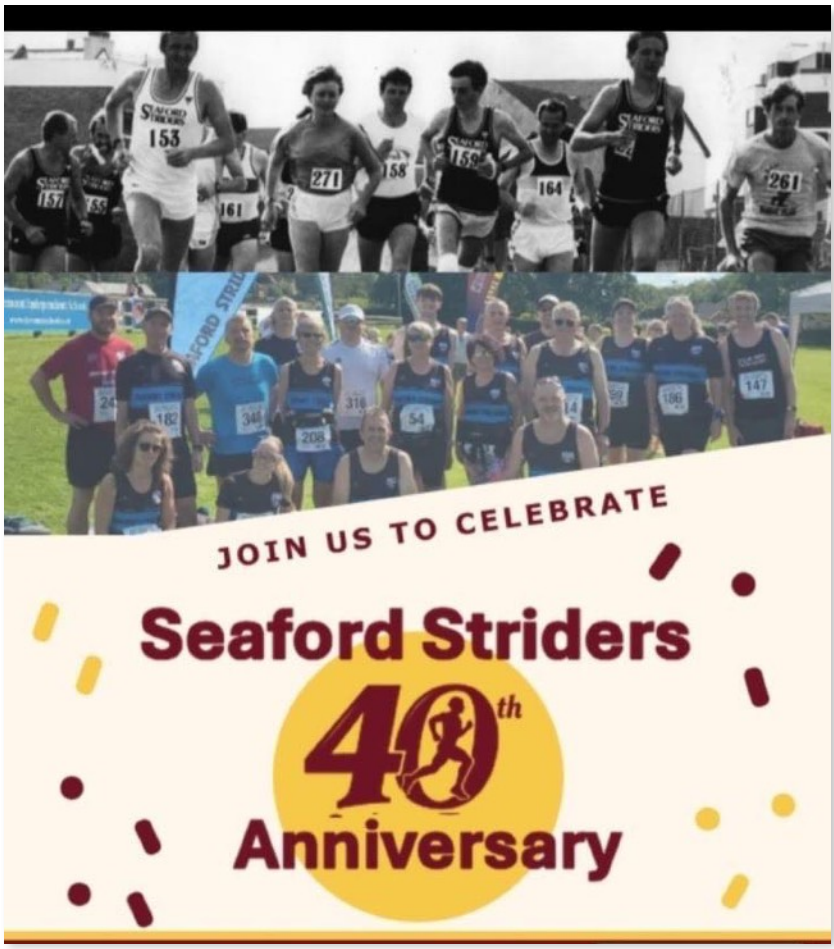
Martin's contribution to Striders is about more than times, distances and medals. He has been part of the club's story from the very beginning and remains our Honorary Club Captain. Former pupils have also remembered him as a woodwork and PE teacher, recalling his encouragement when they later found their way into the running club.

As we celebrate our 40th anniversary, Martin's story reminds us that running clubs are built by people who have an idea, bring others together and keep showing up. Forty years on that original idea continues every time Striders meet for a run, support each other or go for a drink at Thirsty Thursday.

Thank you Martin, for helping us get started and for being part of the Striders story.

40th Anniversary Event

40th Anniversary event Saturday 17th October



The 40th anniversary celebration will take place on Saturday 17th October between 11am - 3pm using the Scout Hut in the Salts as our base. It will include three activities suitable for all, two running based and one walking - approximate timing...

Please wear your anniversary shirt, or current / vintage Striders colours.

There will be photos from our club history, medals, trophies and club colours through the ages on display.

Tea, coffee, squash and cake provided and you will get a small memento of the day kindly provided by https://woodcraftshapes.co.uk/

11 am arrival
11:15 jog to Splash Point for a group photo with a run back,
12:15 a "snowball" run in the Salts based on the WNS groups
13:15 walk through the town
13:45 anniversary cake, tea, coffee, squash
14:30 close

We will be collecting your retired running shoes for Jog on https://www.jogonagain.com/

What condition do the shoes have to be? - They can be in any condition. Please tie the pairs using the laces.

Do you have to wash them before you send them? - No, but if you want to, please ensure they are fully dry before bringing them

What shoes do we accept? Running shoes and trainers

JOGON
REMOVING 1 MILLION PAIRS OF RUNNING SHOES FROM LANDFILL

40TH CELEBRATION | PARTY PIECE RECIPES

Submitted by Nick Farley

Apple Crumble Trifle



Serves 12–14

INGREDIENTS

Trifle base: 400g vanilla sponge, (shop-bought or homemade) ; 200g canned caramel, loosened by stirring .

Caramel custard: 300ml double cream; 300ml whole milk; zest of 2 oranges, plus extra to garnish; 6 egg yolks; 100g caster sugar; 2 tbsp cornflour; 200g canned caramel; pinch of salt.

Stewed apples: 8 eating apples, peeled, cored and diced; zest and juice of 1 orange (approx. 120ml juice); 1 tbsp caster sugar.

Cinnamon crumble: 400g plain flour; 75g dark brown sugar; 1 tsp ground cinnamon; 200g cold butter, diced; pinch of salt.

Brown sugar Chantilly: 600ml double cream; 3 tbsp dark brown sugar; 1 tsp vanilla paste.

METHOD

Step 1. **Make the Caramel Custard**

1. Place the cream, milk and orange zest into a large saucepan and bring to a gentle simmer over a medium heat, stirring occasionally.
2. In a large heatproof bowl, whisk together the egg yolks, caster sugar and cornflour until pale and thick.
3. Gradually whisk half of the hot cream mixture into the egg mixture.
4. Return the saucepan to a low heat and whisk the egg mixture back into the remaining cream.
5. Cook, whisking continuously for 3-6 minutes, until thickened and just beginning to simmer. The consistency should resemble lightly whipped cream.
6. Remove from the heat and whisk in the caramel and a pinch of salt.
7. Cover the surface with baking parchment to prevent a skin forming and leave to cool completely.
8. Chill until required.

Can be prepared up to 1 day in advance.

Step 2. **Prepare the Stewed Apples**

1. Place the apples, orange zest, orange juice and caster sugar into a large saucepan.
2. Cover and cook over a medium heat for approximately 8 minutes until slightly softened.
3. Remove the lid and increase the heat to high.
4. Cook for a further 5 minutes, stirring occasionally, until the liquid has evaporated and the apples are soft but still retain some texture.
5. Transfer to a tray or plate and leave to cool completely.

Can be prepared up to 2 days in advance.

Step 3. **Make the Cinnamon Crumble**

1. Preheat the oven to 200°C / 180°C Fan / Gas Mark 6.
2. Line a large baking tray with baking parchment.
3. Combine the flour, dark brown sugar, cinnamon and a pinch of salt in a mixing bowl.
4. Rub in the butter until the mixture resembles coarse sand, leaving some larger clumps for texture.
5. Spread evenly over the baking tray.
6. Bake for 15 minutes.
7. Break up the mixture slightly, toss and return to the oven for a further 10-15 minutes until evenly golden and crisp.
8. Cool completely before storing.

Can be prepared up to 2 days in advance and stored in an airtight container.

Step 4. **Make the Brown Sugar Chantilly**

1. Combine the cream, dark brown sugar and vanilla paste.
2. Whisk to soft peaks.

Step 5. **Assemble the Trifle**

1. Reserve a small amount of custard, crumble, caramel and stewed apples for decoration.
2. Layer the sponge pieces in a 2-litre trifle dish.
3. Add alternating layers of custard, apples, crumble and caramel.
4. Repeat until all ingredients have been used.
5. Spoon over the Chantilly cream.
6. Decorate with the reserved custard, caramel, apples and crumble.
7. Finish with a scattering of fresh orange zest.

STORAGE: Store chilled and covered for up to 3 days. Best served within 24 hours for maximum crumble texture.

Broad Bean, Pecorino & Olive Bruschetta



Serves 6

INGREDIENTS

250g baby broad beans, double-podded; 8 mint leaves; 30g Pecorino (or vegetarian alternative), finely grated, plus extra for serving; zest and juice of 1 lemon; 50ml olive oil; 6 slices focaccia, toasted; 3 tbsp green olives, pitted and sliced; pinch of sea salt.

METHOD

Step **1** Place the broad beans, mint leaves and a pinch of salt into a pestle and mortar. Pound until the beans are roughly crushed but still retain some texture. Transfer to a bowl and fold through the grated Pecorino, lemon zest, lemon juice and olive oil. Season to taste.

Step **2** Cut the toasted focaccia into serving pieces and spread generously with the broad bean mixture. Scatter over the sliced Taggiasche olives and finish with extra grated Pecorino before serving.

Pizza Rolls

Serves 4



INGREDIENTS

250g ciabatta bread mix; 350g tomato & garlic pasta sauce; 4 tbsp grated mozzarella; small bunch of basil, shredded.

METHOD

Step **1** Preheat the oven to 200°C / 180°C Fan / Gas Mark 6. Prepare the ciabatta dough according to the packet instructions. Roll out into a large rectangle.

Step **2** Spread half of the tomato and garlic sauce evenly over the dough. Sprinkle over the mozzarella and shredded basil, then roll up tightly from the long side, Swiss roll-style.

Step **3** Cut into 12 equal slices and arrange on a lined baking tray, cut-side up, leaving approximately 2cm between each roll. Leave to prove for 10 minutes.

Step **4** Bake for 20-25 minutes until puffed, golden and cooked through.

Step **5** Warm the remaining tomato sauce and serve alongside the pizza rolls for dipping.

CHEF'S NOTES

- Add pepperoni, cooked sausage or roasted vegetables for variation.
- A sprinkle of Parmesan before baking adds extra flavour.
- Best served warm as a snack, buffet item or sharing starter.

Baked Crispy Hot Honey Chicken Tenders

Serves 4-6



INGREDIENTS

For the Chicken: 600g boneless, skinless chicken tenders; 1 tsp onion powder; 1 tsp garlic powder; 100g plain flour; 50g grated Parmesan; 1 tsp smoked paprika; ½ tsp ground turmeric; 1 egg; 2 tbsp hot sauce; 30g melted salted butter or 2 tbsp olive oil.
For the Hot Honey Sauce: 120ml honey; ½–1 tsp cayenne pepper (adjust to taste); ¼ tsp onion powder; ¼ tsp garlic powder; pinch of flaked sea salt.

METHOD

Step **1** Preheat the oven to 220°C / 200°C Fan / Gas Mark 7. Line a baking tray with baking parchment or a wire rack.

Step **2** In a shallow bowl, combine the flour, Parmesan, onion powder, garlic powder, smoked paprika and turmeric.

Step **3** In a separate bowl, whisk together the egg and hot sauce.

Step **4** Dip each chicken tender into the egg mixture, then coat thoroughly in the seasoned flour mixture. Arrange on the prepared baking tray.

Step **5** Drizzle with melted butter or olive oil to encourage a crisp, golden coating.

Step **6** Bake for 18-22 minutes, turning halfway through, until the coating is crisp and the chicken is cooked through with a core temperature of 75°C.

Step **7** Meanwhile, prepare the hot honey sauce. Combine the honey, cayenne pepper, chipotle chilli powder, onion powder, garlic powder and sea salt in a small saucepan. Warm gently for 2-3 minutes, stirring until combined.

Step **8** Transfer the cooked chicken tenders to a large bowl and drizzle over the hot honey sauce. Toss gently until evenly coated.

Step 9 Serve immediately with additional hot honey for dipping if desired.

Beef Sausage Rolls

Makes 12 sausage rolls



INGREDIENTS

Filling: 500g lean beef mince; 1 small onion, finely diced; 1 garlic clove, crushed; 1 tsp Worcestershire sauce; 1 tsp Dijon mustard; 1 tsp dried thyme; 1 tsp smoked paprika; 50g fresh breadcrumbs; 1 egg; salt and black pepper, to taste
Pastry: 500g ready-rolled puff pastry; 1 egg, beaten, for glazing; 1 tbsp sesame or nigella seeds (optional).

METHOD

Step **1** Preheat the oven to 200°C / 180°C Fan / Gas Mark 6. Line a large baking tray with baking parchment.

Step **2** Place the beef mince, onion, garlic, Worcestershire sauce, Dijon mustard, thyme, smoked paprika, breadcrumbs and egg into a mixing bowl. Season generously with salt and black pepper and mix until well combined.

Step **3** Unroll the puff pastry and cut lengthways into two equal strips

Step **4** Shape half of the beef mixture into a long sausage along the centre of each strip of pastry.

Step **5** Brush one edge of each pastry strip with a little beaten egg. Fold the pastry over the filling and press firmly to seal. Place seam-side down.

Step **6** Cut each roll into 6 equal pieces to make 12 sausage rolls. Arrange on the prepared baking tray, leaving space between each one.

Step **7** Brush the tops with beaten egg and sprinkle with sesame or nigella seeds, if using. Score the tops lightly with a sharp knife.

Step **8** Bake for 25-30 minutes until the pastry is crisp, golden and the filling is cooked through with a core temperature of 75°C.

Step **9** Leave to cool for 5 minutes before serving.

Spotlight On... Amanda Feast

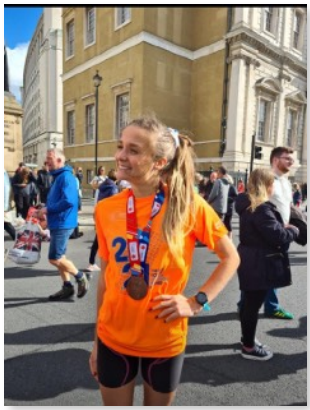
Seaford Striders Women's Captain



My lovely Auntie Lynda after one of her many marathons!



Me and Mum after I ran Brighton Marathon and she did the 10K



London Marathon 21



Florence marathon

What got me into running? Some very inspiring ladies!

As long as I can remember, my Auntie Lynda was a runner – always linking her running endeavours to raising money for charitable causes, usually the St Peter and St James Hospice in West Sussex. Spending Brighton Marathon Sunday with the whole family cheering her on was always a highlight of the year. My cousins, Auntie Mandi, Uncle Martyn and Mum would all head down to Brighton with banners and megaphones to cheer on the runners, priding ourselves when we made so much noise the people standing next to us would move further away. Thanks to this, I've always had very fond memories of races and running, but it wasn't until I was 21 in 2013 when I started running myself.

In 2013, my mum Karen and her wonderful friend Marie started training for Brighton Marathon. Marie had been diagnosed with malignant melanoma, and faced with this diagnosis, she decided to focus on running her first 5k, roping in my mum to keep her company. Never one to back down from a challenge, once they had run a 5k, they set their sights on a 10k, ultimately working up to training and running the Brighton Marathon together in 2014. Not only did they finish the race, but together they raised an incredible £15,000 for the Martlets, a local hospice that supported Marie and her family throughout her fight against cancer.

Marie and my mum's determination was contagious, and it was their unwavering motivation and focus that inspired me to start training for my first marathon too, running Brighton in 2015. Since that race, I was hooked! I got the chance to run London Marathon for the Martlets and, in order to raise as much money for them as possible, I challenged myself to run 12 marathons in 12 months. I had high hopes that this would allow me to travel around Europe for some marathon tourism, but unfortunately, COVID lockdown had other plans.... Running events were cancelled, and I ended up running quite a few marathons virtually, but still with support from family and Striders along the way.

After running 12 marathons in 12 months, I probably should have put my feet up for a while... but the running bug got me again, and I was close to another personal challenge... to get to 30 marathons before I turned 30! Looking back at the marathons I have been lucky enough to run, I do have a few favourites – so here are some marathon reviews no one asked for:

Amsterdam – great atmosphere around a pancake-flat course – best of all, this was where the wonderful Anneka nabbed her PB, and I got to celebrate with her after.

London – brilliant for support; running over Tower Bridge was something else.

Moyleman – a gruelling course with some really tough climbs and variable weather.... but there is a pint glass and pizza waiting for you at the finish line to inspire you on the way round.

Florence – the perfect location for carb-loading on pizza before the race.

Brighton – nothing can beat a run on home turf – and seeing so many Striders cheering at Ovingdean is such a boost 10 miles in.
In between having a 16-month-old son, a gorgeous Blue Heeler pup and a full-time job, marathon training right now feels impossible, but I still feel so lucky to be able to get out and run. Instead of focusing on long distance, I just try and squeeze in running sessions when I can – speed work on my lunch break and easy runs with the buggy are now my bread and butter! But I'm forever grateful when my mum or Phill can take Phoenix and I can get an hour's run by myself. Phill is my fiancé and also a running coach, which has come in very handy. Through following his plan, I managed to run a 5k PB just 9 months postpartum with a 19.36 at Seaford Beach parkrun.

I had been chasing a sub-20 dream since lockdown in 2020, when I made a list of things I wanted to achieve, and a sub-20 5k was on there. I didn't expect it to take 6 years, but I felt so proud of myself to have gotten there, especially after having a baby. I guess the point of this is to say, when we run, it's so easy to get caught up on times and chasing the next PB, but this might take longer than you ever expect. Your fitness can ebb and flow, but I've found focusing on the joy of running and the finish line is more motivating than just chasing times.

Spotlight On... Julie Taylor

Hi…



When Jo n Ray 1st asked me if I would be willing to do a write-up for our 40th Anniversary newsletter,
I somewhat freaked out..!!! But once I calmed the what's-it down, I thought I'd give it a go. So here we go…

I joined Seaford Striders in 2017. It was a pretty nerve-racking experience going along to the 1st meeting at the Wave Leisure Centre, where we used to gather. The meeting room was full of Striders in their running kit, buzzing and chatting away to each other. It was a little overwhelming, but I was greeted by our lifelong member, Martin Bulger, who founded the club back in 1986. Martin chatted away about running and asking me questions of my pace and distance. I honestly had no idea and was totally blank on this info. Martin put me at ease and suggested I ran with a couple of runners, a guy called Andy (tall chap), Wendy Reed, Trevor Jones and occasionally Andy Gorrie. These were the guys I got to run with on a regular WNS and began to love running in a group. I continued to rock up on a weekly basis for a WNS run and I got to meet some super friends. One of those friends is Alice Lennie. I always remember 1st seeing Alice clip-clopping across the Wave Leisure Centre car park, looking glam and in the highest of killer heels…👠 which opened the doors up to our 1st of many chats, having a joke about running in the heels… (Alice always came straight from work and changed at Wave.) This meeting was the start of a great friendship. Alice is such a fun, positive, glass-overflowing person and a good running partner. I'm very proud to call her a friend.



Whilst on a WNS run, Wendy Reed mentioned she needed help with extra hands running the Juniors Club on a Tuesday, so I offered to support her and the Juniors. This is when I got to meet Simon Nixon, who is just an amazing human being, so supportive and encouraging but also very annoying with his fabulous energy. Along with Simon, I got to meet my regular running pal Lisa John, my partner in crime in all that we do in SS, another wonderful person. Our WNS always ended with Lisa asking to be tagged, even though we wait around at the beginning for Lisa to set off/start her Strava. A Bo Peep legend.✨

Back to the Juniors, my love and passion for the club. I initially helped out wherever I was needed, covering various age groups and Roadies (older juniors who ran off-road). I was then paired up with Simon Homer to support Years 5/6. This was a new opening for me. I just loved training with the juniors and Simon every week, come rain or shine. The fun in researching new and exciting games for us all to enjoy was just amazing. One of the games was called Kriss Kross relay, which was mayhem but always brought us so much fun and laughter. I can honestly say that the time spent each week with the juniors and Simon was the most fabulous and rewarding 45 mins of my time. Just a wonderful experience and awesome memories.

You will see me run every Wednesday with the Bo Peep group. A fab group of people who luv to run and share some very chatty miles together. You're the best.

I'm very proud to be a Strider.

Julie Taylor



Mince Pie Medal Reveal



We're delighted to announce that our 2026 Mince Pie 10 medals have arrived!

To celebrate our **40th anniversary year**, we invited club members to design the medal, while the Mince Pie Committee created a special anniversary ribbon to accompany it.

A huge thank you to everyone who submitted a design. The standard was incredibly high, and we truly appreciate the time and effort that went into every entry.

We are thrilled to reveal that the winning design was created by one of our Junior Striders:

ROMAN MARFLEET!

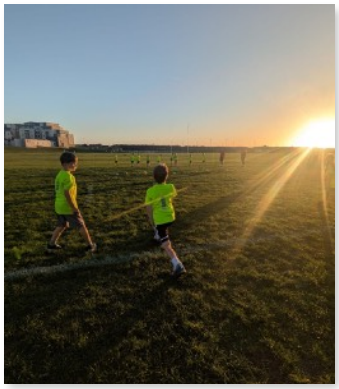
What a fantastic achievement. I'm sure you'll agree that Roman has produced an excellent design.

Interestingly, the previous club member to win one of our medal design competitions was also a Marfleet junior. Clearly, artistic talent runs in the family!

We'll reveal the finished medal design to entrants closer to race day, but for now, please join us in congratulating Roman on a well deserved success.

Juniors

By Emily Danvers



What a fantastic season of Juniors it has been this Autumn. At last count we have 122 Juniors – ages 5 to 15.

Each week in the Salts they do a mixture of games, intervals, hills – and some silliness thrown in – all supported by our fantastic team of coaches.

The hands down favourite game in all groups is ‘Chicken, Turkey, Hero’.



In case you want to play along at home – here are the rules. The juniors stand in a line and the coach picks someone to be a tagger. Then the coach picks a runner to choose from ‘chicken, turkey and hero’. If they choose chicken, everyone runs and tries to avoid getting tagged. Turkey means you can pick one friend to run with. Hero means you go it alone. There is also ‘Villain’ where you nominate someone to run alone (but that never ends well and has now been banned!) As well as the fun we try as coaches to build fitness, teamwork skills and, most importantly, get them to enjoy running as much as we do.



As well as the Salts on Tuesdays, older Juniors have been taking part in Monday Lewes track sessions and that has been fantastic to see how much they are enjoying it (especially beating all the grown-ups).

I do not know the exact history of the juniors of Seaford Striders over the past 40 years. My understanding is that juniors joined in with the seniors at the beginning, before forming into a separate club that met, initially at the Downs, before moving to the Salts. Many club members have supported Juniors over the years – I took over from Darren Evans who before that took over from Wendy Reed I know many club members past and present did a stint as coaches, supporting their children and other young people to get involved. Every person that has volunteered over the years is an absolute star – we know how much parents and Juniors appreciate it.



The evenings are getting very dark now, so we will soon stop until the Spring – but not before our **Junior awards evening on 3rd November**.

Thanks to everyone for a fantastic season.

Junior awards evening on 3rd November

Let's Lift The Curfew

Seaford Striders

HALLOWEEN FANCY DRESS RUN

Seaford Striders is supporting Let's Lift the Curfew, the national campaign from This Girl Can highlighting the safety concerns that prevent many women from being active outdoors during the darker months.

THIS GIRL CAN

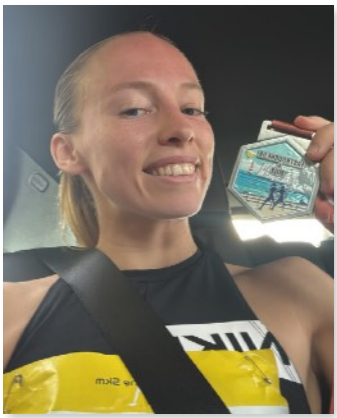
WEDNESDAY 28th OCTOBER

MARTELLO TOWER 6.30PM

Don't forget your lights and glow-sticks to light up the town



Gallery



Beth ran 20:23 at Eastbourne 5K



Kevin's 168km (104miles) at 24hr Track Race



Paula at Rye 15K



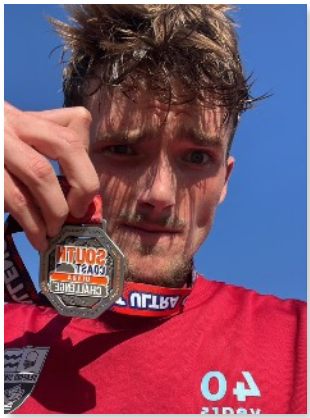
Jacquie & Michelle at Windsor Women's 10K



Matt finished Chester Marathon in 2:53:01



Corrida de Dieppe



Jack completed the South Coast Ultra 57km first half



Striders Run & Rave



Darren at Big Half



Joint third-placed ladies Lisa and Emily at Bates Green Gallop



Team 'Bring Your Own Medals'

Send us your photos and stories

newsletter@seafordstriders.org.uk

Cross Country

Sunday Cross Country 26/27

Event	Dates	Location
1	~~11 October~~	~~Snape Wood~~
2	22 November	Back Cap, Lewes
3	13 December	Abbots Wood
4	17 January	Whitbread Hollow
5	21 February	Seaford Head
6	14 March	Pett

The East Sussex Sunday Cross Country League (ESSCCL) is made up of six races between October and March. Individuals can score within their own age category (your best four races make up your overall points total), and for the team depending on where you finish. We often car share to these races because parking is limited due to the races being held in the countryside.
Details of the up and coming races are released by the hosting running club closer to time.
The flyer with all relevant information will be emailed out to all members once available.

Contact: Josh Nisbett at crosscountry@seafordstriders.org.uk for more details.

Snape Wood XC



October is upon us and that means the start of the cross country season. Snape Wood, just outside of Wadhurst was the location and for once it was a beautiful sunny dry day. A two lapped course that has a bit of everything, from short steep climbs to never ending slogs up hill. Minus the mud this year.

We had a good turn out of runners on the day despite it being one of the further away fixtures within the league. Even more impressive is we had on course support and photography from Austin and Dominic, many thanks guys.

At time of writing this the results haven't yet been published as they are recorded manually, which takes a lot of processing and checking. But I feel as a team we did well!and should be among the podium positions again at this early stage of the season.

The next round is closer to home in Lewes, on the 22nd of November. So I hope to see more faces there.

By Josh Nisbett

Snape Wood XC results https://eastsussexcrosscountry.co.uk/results

Recent Results

Vanguard Way Marathon 02/08/2026

8	Aaron Pooley	04:45:12

Kings Head Canter 31/08/2026

29	Richard Impey(Phoenix)	00:17:57
87	Rosie Neill	00:20:40
191	Richard Househam	00:26:15
210	Alison Househam	00:27:25

South Coast Ultra 57K 05/09/2026

21	Jack Walsh	07:41:59

South Coast Ultra 25K 05/09/2026

200	Alex Colwell	06:51:38

Phoenix Summer Marathon 05/09/2026

37	Jason Weetman	04:18:41

Brighton & Hove Triathlon Standard 06/09/2026

301 Lindsay Stirton

Swim	00:39:32	Tr	00:07:15
Bike	01:25:06	Tr	00:06:44
Run	01:09:22	Finish	03:28:00

Brighton & Hove Triathlon Super Sprint 06/09/2026

5(1st F) Jennifer Williams

Swim	00:05:41	Tr	00:03:24
Bike	00:18:10	Tr	00:01:49
Run	00:11:36	Finish	00:40:42

Brighton & Hove Triathlon Sprint 06/09/2026

339 Jane Masey

Swim	00:22:29	Tr	00:07:20
Bike	00:51:35	Tr	00:04:48
Run	00:30:16	Finish	01:56:31

Big Half London 06/09/2026

3108	Martyn Craddock	01:42:34
3521	Raymond Smith	01:44:25
4038	Russell Hewlett	01:46:39
5439	Lisa Parkinson	01:52:16
5613	Samantha Alvarez	01:53:05
6008	Kathryn Warren	01:54:38
7766	Matt Winton	02:00:39
8771	Darren Wymer	02:04:54
14853	Jo Robinson	02:38:33

River Run Half Marathon 06/09/2026

399	Michelle Mills	02:17:06
594	Louise King	02:39:36
608	Kellie Snow	02:42:41

Challenge Almere, Amsterdam Half Ironman Distance 12/09/2026

1211 Justine Ridgway

Swim	00:43:57	Tr	00:07:36
Bike	03:28:06	Tr	00:10:43
Run	02:46:31	Finish	07:16:51

Brocken Hurst Naked 10K 12/09/2026

-	Richard Preece	00:23:23

Lulworth Cove Trail Run 55K 12/09/2026

37	Aaron Pooley	06:49:19

Hellingly 10K 13/09/2026

1	Ollie Sprague(peacehaven)	00:35:16
5	Richard Impey	00:37:48
19	Luke Borland	00:39:51
23	James Miles	00:40:10
32	Fabian Eason	00:41:22
41	Tom Webb	00:43:42
68	Martyn Craddock	00:46:37
101	Raymond Smith	00:50:01
113	Steven Teale	00:51:25
128	Chloe Herbert	00:53:51
146	Katherine Simmons	00:57:34
159	Katie Mayo	00:59:07
215	Jo Robinson	01:10:12
219	Peter Fannon	01:10:34
220	Julie Fannon	01:10:34
238	Tom Roper	01:23:33

Rye Ancient Trails 30K 13/09/2026

3	Joel Eaton	02:13:19

Rye Ancient Trails 15K 13/09/2026

122	Paula Tiller	01:37:43

Great North Run 13/09/2026

-	Graham Jones	01:52:11

Southwater Team Triathlon 13/09/2026

3	Erica Martin(Phoenix)		01:09:05
		Finish	03:39:53

Bates Green Gallop 20/09/2026

16	Emily Danvers	9 laps	06:11:58
17	Lisa Parkinson	9 laps	06:11:58
84	Elllie Woolcott	6 laps	05:42:12
85	Tom Forristal	6 laps	05:47:55
96	Les Maygar	5 laps	03:39:35
110	Dominic Hind	4 laps	02:34:09
131	Gary New	4 laps	03:20:46
132	Jill New	4 laps	03:20:46
144	Victoria Maleski	4 laps	04:41:35
146	Michael Priest	3 laps	01:59:29
149	Debbie Priest	3 laps	02:11:40

Bates Green Gallop Relay 20/09/2026

7	Kate Lewis Simone Amis	Sam Cornwell Jo Robinson	06:37:08 9 laps
8	Jodie Bovington	Kay Crush	06:08:21 8 laps
9	Kat Simmons	Jeanette Wells	06:08:23 8laps

Recent Results

Ironman Half Ironman Weymouth 20/09/2026

333	Rolando Hutchinson		
Swim	00:35:11	Tr	00:08:41
Bike	02:47:46	Tr	00:05:06
Run	01:56:38	Finish	05:33:21

Eton Dorney Triathlon 20/09/2026

151	Sue Leppard		
Swim	00:15:51	Tr	00:03:22
Bike	00:43:41	Tr	00:02:03
Run	00;30:29	Finish	01:35:29

Reigate Half Marathon

19	Matt Clare	01:23:21

Sri Chinmoy Self Transcendence 24 Hours Track Race 19/09/2026

24	Kevin Pryde	420 Laps.	103.53miles

Corrida de Dieppe 7.1km

153	Erica Martin	00:29:48
391	Gareth Hutchinson	00:35:07
458	Kevin Ives	00:36:53
828	Charles Atkinson	00:45:21

The Adder Dash

39	Lucinda Dopson(Lewes AC)	01:38:30

The Shine Night Walk Marathon

Waiting results

Foulees Viroises 5K

114	Anne Josset	00:31:36

Spartan Half Marathon 26/09/2026

65	Jennifer Williams	03:51:07

Barns Green Half Marathon

18	Richard Impey	01:25:05
43	Gareth Hutchinson	01:29:21
72	Austin Warren	01:33:03
142	Ian Pratt	01:40:18
421	Martyn Blundell	01:58:57
572	Bronwyn Clare	02:10:57

London Vitality 10K

5669	Lindsay Baker	01:07:57
7752	Victoria Maleski	01:18:11
9834	Phil Baker	01:25:01

Windsor Womens 10K

339	Jacquie Trott	01:04:44

Eastbourne 5K 27/09/2026

43	Bethany Creese	00:20:22

World Champs Pontevedra Triathlon 50 - 54 Open AG 26/09/2026

333	Rolando Hutchinson		
Swim	00:28:04	Tr	00:04:55
Bike	01:12:02	Tr	00:03:32
Run	00:43:17	Finish	02:31:47

Lochness Marathon 26/09/2026

2116	Charis Crudington	04:34:12

Run to the Sea Bournemouth 50K 03/10/2026

252	Phil Robinson	05:58:15
267	Michelle Mills	06:04:16

Dark Downs 50K 03/10/2026

45	Aaron Pooley	06:27:25
48	Martyn Craddock(short cut)	06:30:41
54§	Bryony Clarke	06:34:22

Lewes Downland 10 Mile 04/10/2026

18	Gareth Hutchinson	01:11:47
26	Luke Borland	01:14:45
33	James Marron	01:16:24
56	Fabrizio Ferioli	01:21:37
58	Anneka Redley-Cook	01:22:25
107	Jazz Dymott	01:36:40
124	David Hayes	01:41:53

Lewes Downland 5 Mile 04/10/2026

2	Josh Nisbett	00:28:56
39	Tom Roper	01:12:26

Weston Super Half Marathon 04/10/2026

1071	Hannah Fender	02:13:12

Skopje Marathon 04/10/2026

12	Ollie Sprague(Peacehaven)	02:39:18

Sofia 10K 10/10/2026

416	Siana Koleva	01:01:47

Chester Marathon 11/10/2026

139	Matt Clare	02:53:01
1412	Rolando Hutchinson	03:43:39

Budapest Marathon 11/10/2026

995	Ollie Sprague(peacehaven)	03:30:00

Bishampton Duathlon 11/10/2026

4	Erica Martin(Phoenix)	Finish	01:41:02

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.

	SF	Time	Location/Event	Date	SM	Time	Location/Event	
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	00:39:38	Battersea	19/08/2026	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 Household	00:23:40	Seaford Beach P/R	20/11/2021	Dave Dunstall	00:18:47	Seaford Beach P/R	27/05/2023
10k	Hilary Humphreys	00:52:02	Chichester	08/02/2015	Dave Dunstall	00:39:00	Gravesend	21/11/2021
10 mile	Hilary Humphreys	01:31:35	Haywards Heath	04/05/2014	Dave Dunstall	01:05:32	Portsmouth	17/10/2021
Half Marathon	Hilary Humphreys	02:01:30	Hastings	19/03/2017	Dave Dunstall	01:25:13	Manchester	10/10/2021
Marathon	Debbie Priest	05:03:18	Brighton	12/04/2026	Simon Fletcher	02:53:13	Valencia	03/12/2023
	FV70				MV70			
5k	Hilary Humphreys	00:28:25	Brueton P/R	18/05/2019	Tony Cross	00:21:25	Eastbourne P/R	27/07/2019
10k	Lindsay Baker	01:07:57	London Vitality	27/09/2026	Graham Jones	00:48:44	Battersea	18/07/2026
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.

Track Club Records

100M						**100M**				
MJun/MU40	Tom Webb	00:13:28	Lewes	06/07/2026		FJun/FU40	Bethany Creese	00:13:99	Lewes	06/07/2026
MV40	Jez Field	00:13:09	Lewes	24/11/2025		FV40	Katie Mayo	00:19:38	Lewes	24/11/2025
MV50	Gareth Hutchinson	00:14:41	Lewes	06/07/2026		FV50	Jo Bruggenwirth	00:17:27	Lewes	08/07/2024
MV60	Richard Preece	00:17:33	Lewes	24/11/2025		FV60	Tina Warren	00:18:20	Lewes	06/07/2026
MV70	Graham Jones	00:17:87	Lewes	06/07/2026						
200M						**200M**				
MJun/MU40	Dylan Jones(U17]	00:25:17	Crawley	11/06/2022		FJun/FU40	Bethany Creese	00:30:25	Lewes	06/07/2026
MV40	Joel Eaton	00:28:95	Lewes	24/11/2025		FV40	Katie Mayo	00:41:11	Lewes	24/11/2025
MV50	Gareth Hutchinson	00:31:37	Lewes	06/07/2026		FV50	Jo Bruggenswirth	00:37:02	Lewes	08/07/2024
MV60						FV60	Tina Warren	00:40:60	Lewes	06/07/2026
MV70	Graham Jones	00:36:89	Lewes	06/07/2026		FV70				
400M						**400M**				
MJun/MU40	Timothy Dymott	01:02:48	Lewes	24/11/2025		FJun/FU40	Bethany Creese	01:10:33	Lewes	06/07/2026
MV40	Joel Eaton	01:02:59	Lewes	24/11/2025		FV40	Jemma Crawford	01:24.10	Eastbourne	12/06/2024
MV50	Gareth Hutchinson	01:10:43	Lewes	06/07/2026		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
MV70	Graham Jones	01:27:20	Lewes	06/07/2026		FV70				
800M						**800M**				
MJun/MU40	Stanley Goodwin	02:44:06	Lewes	06/07/2026		FJun/FU40	Bethany Creese	02:42:83	Lewes	24/11/2025
MV40	Gary Collings	02:27:39	Lewes	06/07/2026		FV40	Katie Mayo	03:32:40	Lewes	24/11/2025
MV50	Gareth Hutchinson	02:37:48	Lewes	06/07/2026		FV50	Sam Alvarez	02:56:55	Lewes	06/07/2026
MV60	Richard Preece	03:15:94	Lewes	06/07/2026		FV60	Victoria Maleski	04:19:23	Lewes	08/07/2024
MV70						FV70				
1500M						**1500M**				
MJun/MU40	Alfie Batchelor(U15)	04:27:42	Brighton	30/07/2025		FJun/FU40	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	05:08:92	Horsham	26/08/2026		FV50	Sam Alvarez	05:43:41	Lewes	06/07/2026
MV60	Richard Preece	06:05:18	Lewes	24/11/2025		FV60	Katherine Dobson	07:32:89	Lewes	06/07/2026
MV70	Graham Jones	06:48:56	Lewes	06/07/2026		FV70				
1 Mile						**1 Mile**				
MJun/MU40	Jamie Stenning	04:40:00	Seaford			FJun/FU40	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 Dobson	08:54:29	Lewes	27/04/2026
MV70						FV70				
3000M						**3000M**				
MJun/MU40	Richard Impey	09:49:49	Worthing	18/06/2024		FJun/FU40	Anneka Redley-Cook	12:49:95	Lewes	08/07/2024
MV40	Gary Collings	10:29:06	Lewes	10/08/2026		FV40	Fiona Goodwin	15:07:24	Lewes	10/08/2026
MV50	Gareth Hutchinson	10:32:12	Lewes	10/08/2026		FV50	Sam Alvarez	11:38:98	Lewes	10/08/2026
MV60	Richard Preece	12:08:22	Lewes	10/08/2026		FV60	Tracey Pragnell	16:43:06	Lewes	10/08/2026
MV70						FV70				
5000						**5000**				
MJun/MU40	Jay White	18:27:20	Lewes	05/10/2026		FJun/FU40	Amanda Feast	00:19:40	Crawley	10/05/2026
MV40	Gary Collings	18:19:85	Lewes	05/10/2026		FV40				
MV50	Simon Fletcher	17:21:30	Lewes	29/07/2015		FV50	Kate Lewis	28.03:67	Lewes	05/10/2026
MV60						FV60	Tracey Pragnell	27:07:61	Lewes	05/10/2026
MV70						FV70				

Club Records This Month

I have decided to expand the 5000M record section courtesy of our 5000M track night. Please contact Ray if you know of any additions. So far as I am aware there haven't been that many attempts at 5K on the track.

So Congratulations to the following :-

5000M	Gary Collings	MV40	18.19.85
5000M	Jay White	MU40/MJUN	18.27.20
5000M	Tracey Pragnell	FV60	27.07.61
5000M	Kate Lewis	FV50	28.03.67

We also had a remarkable run from Lindsay Baker who quietly ran 01:07:57 at the London Vitality 10K so well done to her.

Scavenger Hunt

Stewards' Inquiry: The Last Word on This Year's Annual Striders Scavenger Hunt *by Ray Smith*

And so another Scavenger Hunt has come and gone. Following a format similar to the last two years, the usual groups headed off in search of specific items, performed silly tasks and, by popular demand, indulged in a little bit of nakedness. As usual, the groups delivered far more than the organisers had anticipated, with some coming tantalisingly close to a full house.

The scoring however was once again marred by some rather poor efforts from your social team. This was largely due to our enthusiastic consumption of alcohol while you were out hunting, combined with our general inability to add up. In fairness, we didn't want to keep you waiting too long so a few mathematical shortcuts may have been taken.

Having now had time to sober up and conduct a more thorough investigation, we feel a recount is necessary, along with a closer look at a suspiciously late arrival of a certain cricket bat photograph.

High and Over, as Victoria rightly pointed out, were cheated out of two points by a former member who apparently failed to notice how many points were available for the number plates. An oversight, perhaps, or a deliberate act of sabotage? We'll leave that for the inquiry to decide.

More importantly, **Bo Peep** were awarded just one point for finding a naked lady. Quite frankly, this seems a woefully inadequate reward for such an achievement considering 2 points were on offer and their score has been adjusted accordingly.

Finally, we have **Poverty Bottom,** whose late submission of a photograph has raised a few eyebrows. Given their apparent win-at-all-costs mentality, we feel this deserves further scrutiny. The evidence is circumstantial, of course, but then so is most of our scoring system.

Following these revisions, the results have been amended. Rather than the three-way tie originally announced, we now have a clear winner: **Bo Peep!**

Congratulations to them on their thoroughly deserved victory.

The two point adjustment also means that High and Over escape the indignity of finishing last.

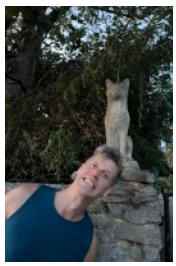
Meanwhile, in a moment of ruthless adjudication, I have decided to deduct a point from Poverty Bottom for what I can only describe as fraudulent behaviour.

Of course, none of this actually means anything. It's all just a bit of fun, after all.






















Halloween Quiz



London to Brighton 100k

By Sarah McDermott



Hi there, fellow Striders,

Jo asked me if I'd like to say a few words about the Ultra I took part in. I'm not great with words, but here goes.

In 2025, I made a comment about how I'd like to take on the London to Brighton 100k continuous event in 2026, so as soon as it was available to book, I booked myself on. Everyone thought I was crazy, maybe I was, as I've never even done a marathon, only ever 5Ks, 10Ks, and 2 half marathons, and still haven't done an official marathon.

I started my training straight away as I'm prone to injuries, and injuries I got. My back was the worst of them, so I took it easy for a while but carried on with walking, strength training and PIYo. Getting back to training was difficult and didn't go to plan at all, but I had a lot of friends helping me out and they kept me going on my long runs.

My plan was to get at least 50–60K in a training session before the big day, but the most I managed was 35k in one session and a 42K over 2 days, not even half the distance I was going to be doing.

Finally, the day arrived and I was still flying solo, as no one was crazy enough to join me. I travelled to London on the Friday so I could rest up and find out where I was going, so collected my run pack at the same time. I didn't sleep well as I was worried I'd miss the start time, but I was also really excited. I wasn't worried about the actual event; I was determined to do it. Mentally, I was ready, but physically I wasn't too sure.

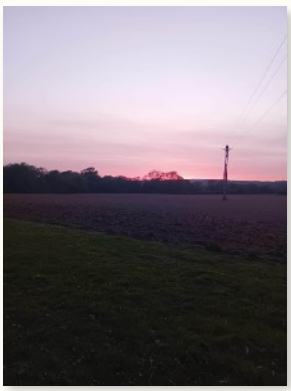
The day started off great. I dropped my bag off and went to see my friend Stef, who was there doing the warm-ups and sending each group off. My start time was 8.30 and we were off. It was a bit of a squash at the start, but the excitement was such a boost.

The 1st stop was 12K and things were going well. They had pastries and fruit etc. I fuelled up, then set off again. Got to 25K rest stop and I wanted to quit. The heat had hit and it was brutal, there was hardly any shade. I had no appetite but ate a banana while reading all my messages. It was all the messages that kept me going.

I had a cooling towel, so soaked that and my cap and set off again. I had a message from Jo saying about all the messages on the Striders chat and I felt bad that I wasn't on the page, so Jo kindly sent screenshots of them all. They were very much needed and helped fuel me to keep going.

I ended up in 1st aid twice to get my feet taped, but other than that everything was going well, apart from that heat which was well and truly kicking my arse.











Cutting the story short, I can't fault the rest stops. They were amazing, with many choices for food and drink. I collected my bag at the halfway mark to change, then handed it back so they could take it to the finish.

The ultra team were friendly and supportive. They put glow sticks on our backs and made sure I wasn't on my own in the dark, which I wasn't, as I met a couple of women when it started to get dark, so walked with them for a chunk of it. We kept each other going.

The course was well marked out and they had glow sticks on route for the evening. The amount of times I wanted to just give up was unreal, but all the messages and support kept me going.

It didn't go to plan, as I really couldn't run with the heat and complete it, so chose completing it over running it. The support from the neighbourhoods was amazing too. They were out with water, and some even had hosepipes going so that we could cool down.

I was just coming up to Wivelsfield School when I saw Zingy and Helen in the distance coming towards me. They were there to join me for the rest of my journey. They left me at the entrance to the rest stop and went to the supporters' area. Jeanette and Sandra were also there when I arrived. It was so good to see friends; it helped give me the final push.

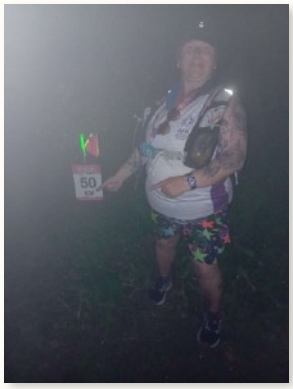
Zingy and Helen kept me fuelled and hydrated and kept me going. On the final stretch, we were joined by Dawn, who was also keeping everyone updated on my progress. A bit further on, we were joined by Stef and Neil.

I finally got to Brighton Racecourse and the finish was in sight. Someone suggested taking my shoes off now that I was almost there, so that's what I did.

Getting closer to the finish, I could see a huge crowd of friends cheering me in. I couldn't look at them as I just felt like crying. It was such an incredible feeling walking over that finish line.

It still feels unreal and I can't believe that I actually did it. Yes, nothing went to plan and it took me a lot longer than what I'd expected. I was aiming for 24–28hrs and completed it in 31hrs 31 mins and 46 seconds, but I did it and can't wait to do it again very soon.
The scenery was incredible. The only thing I didn't like was all the stiles I had to try and climb over with my little legs. That was a laugh and a half.

I would definitely recommend you doing this event.









My First Triathlon

By Jane Masey



Am I really going to make it round all those buoys? I wonder, staring out at the waves. And twice? I'm way closer to the front of the pack of swimmers than was recommended to me. I'm only at the front because I couldn't hear what the organiser was saying over a not-very-loud-haler: that he has shortened the bike course by around 400m due to the bad conditions of the road. The bike course seems miles away – I've got to make it through the swim first!

It's my first sprint triathlon and I chose Brighton because the bike and run courses are flat. It's slightly unnerving that they call it a "sprint" when the distances are a 750m swim, 20km ride and 5km run. I've done the combined distances in training a few times, but at 09:10 on Sunday 6 September it was time for the real thing. And what was staring me in the face was the reality of getting in the sea at the same time as about 100 other people.

I learnt to swim front crawl in 2021, and I swim regularly in the sea but never in a group bigger than about 15. Determined to get in (and get it over with!) I did what everyone had told me not to and ran into the sea, right in the middle of the pack. Conditions were very choppy with wind over tide making it hard to see what was in front of you, who else was nearby and where the (admittedly huge) buoys were. I found doing a bit of breast stroke from time to time was the only way to see where I was going – but it certainly didn't make for a quick swim!

After about 22 mins the swim finish was in sight and I raced up the beach to transition to get on my bike. My wetsuit came off pretty quickly and before I knew it, I was racing along the closed road with the wind in my hair. There was a glorious tailwind out on one leg and a harder slog back – repeated 4 times. Many cyclists passed me at great speed – lots of them shouting out "you've got this" as they went past. I don't think I looked the part on my hybrid bike compared to their racers, but it felt like we were all in it together.

Slightly confused about why my Garmin had only clocked up 17.7km, I came off the bike course and headed back to transition to start my run. I had forgotten the course had been shortened – it's hard to remember these details when you're trying to focus on what you're doing. My "bike" legs did the usual thing of screaming out to me to tell me they couldn't possibly run now, but I was caught up in the moment and sped out to the run course as quickly as I could. By now the morning had really warmed up, and it was a hot and sunny 5km along Hove promenade. A buddy from my tri club turned up and ran alongside me for the first lap, chatting and playing Levellers songs (we had both been at the concert the night before in Hove Park – not ideal prep for race day!). Before I knew it, I was running around the blue-carpeted finish and through the ticker tape, and then just like that: it was all over.

With my medal, a can of full-fat Coke and what I maintain is the perfect post-training snack: a cheese and Marmite brioche, I reflected on a great morning's work. Apparently finishing your first triathlon is how you end up signing up for a longer one. Who knew?

Loch Ness Marathon Race Report

By Charis Crudgington

On 27 September 2026, I ran the wonderful and beautifully scenic Loch Ness Marathon. I joined the race in its 24th year and, as it turned out, its final year of being sponsored by Baxters Soup. From now on, the race will be run by Caledonian Events.

I signed up a year ago as an early bird, riding high after my first proper race with the Seaford Striders, Hellingly 10K. I had been encouraged to sign up by my mum (who unfortunately had to pull out for medical reasons), and my dad soon joined us, signing up shortly afterwards.

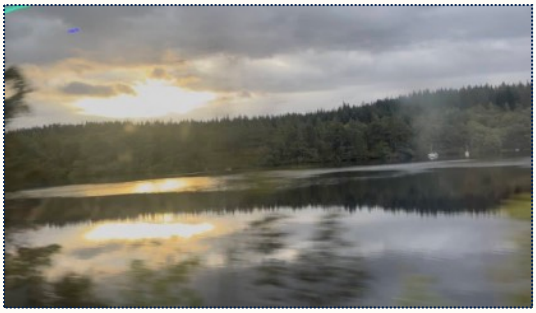
The race was on a Sunday. We flew into Inverness on Friday. On the Saturday, we collected our race bibs, along with some vitamins, sweets and socks.We also spent far too much time shopping at the expo and tucked into some of the soup and bread that was on offer from Baxters.

And then it was race day!

Before the start

Sunday started early. I got up at 5 a.m. to eat breakfast and get ready before heading out on a short walk from our accommodation to the coaches. Every bus company in the area seemed to be present. Then again, how else do you transport 4,000 people to the start line? We were lucky and got a fancy coach, complete with a loo, but lots of people were bundled onto double-decker buses.

The coach journey took about an hour. It was calm, and we got to enjoy the beautiful views, but we also started to comprehend just how long the run would be.



The view from the coach on the way to the start

As we neared the end of our journey, it started absolutely chucking it down. We knew it was supposed to rain, but, uh-oh, it was not supposed to rain this early or this heavily! Thankfully, when we got off the bus, although it was still raining, it had calmed to a drizzle. We were very thankful, as we still had an hour until the race started. There wasn't any shelter at the start because we were on an exposed hillside, so we scrambled through our bags to find the rain ponchos we had packed.

The organisers had managed to get an impressive number of portaloos up to the remote start. However, the queues were still incredibly long. The fringes of the landscape were decorated with the tops of heads, hats and flashes of neon running gear as anxious runners headed to the bushes.



Pre race- my dad and I waiting for the start in our rain ponchos

Another thing that might put off those with a stringent pre-race ritual is that there isn't much room to warm up. With approximately 4,000 people packed onto a hillside along one road, there isn't much space. Some speedsters had the confidence to run in the opposite direction to the race start. Some of them nearly didn't make it back. I was content with some on-the-spot marching to get warm.

There are no pacers for this marathon, but it does have starting sections according to predicted finish time. I went with my dad in the 4:45–5-hour pen, as I predicted that would be realistic given the hills. I wasn't going for a particular time; I just wanted to get around the marathon. I felt lucky that, as it was my first marathon, whatever I ran would be a PB. That seemed to keep the pressure off. The drizzle continued. Five minutes before we set off, we took off our final layers and passed them to those collecting clothes for charity. This marathon doesn't use waves, so they counted down the start, and we did the classic pre-race shuffle down the road to get over the line. It took about five minutes.

And then we were off!

As we crossed the start line, we were sent off to the sound of bagpipe players lining the road on either side, which felt really special. I began to drink in the Scottish Highland views, which, even in the rain, were gorgeous. Everything felt so much more rugged.

The First Half

Loch Ness is technically a net downhill marathon, but there's a lot of uphill that isn't necessarily captured by the elevation graph. Having done the Seven Sisters Half and read that this marathon had half the elevation, I had underestimated how hilly it would feel. When there was downhill, quite a bit of it was pretty steep. It was still quite crowded at the beginning, which made it hard to relax into the downhill and save my quads. However, as the race thinned out, this became easier. I knew about the nasty hill at 8 km, but I hadn't anticipated how many undulations would come before it. The "smaller" hills disrupted the rhythm. As I hit hills before the infamous nasty hill at 8 km, I thought, *What have I signed up for?* But I was still in good spirits.

The hill itself was nasty for so early in the race. You thought it was over, and then it wasn't. I decided to walk parts of it to save my legs for later.

We were in the Highlands and the GPS was patchy, so I decided to run on feel. I probably could have manually lapped my watch, but I was too busy enjoying the views. You don't actually see the loch for quite a while. At around mile 4, we heard the rush of the water and then descended towards it.

Suddenly, the loch appeared on our left. There were lots of trees, which then cleared to reveal views across the loch. It was misty, but you could still see right across the water. It felt very magical, like a mystical Scottish fairytale. You could begin to understand how tales of Nessie had come about, with the mist and fast-flowing water.

Loch Ness is not a marathon for anyone who wants screaming crowds the entire way. For most of the race, it was quiet: just the sound of the water and the footsteps of the other runners around you. It was lovely and cathartic. What was particularly lovely was that, in each village or small enclave of houses, the locals came out to cheer. It felt particularly intimate to have them supporting us.

The Second Half



Mid race- a view over the loch

At the halfway point, I saw the people around me starting to suffer. Quite a few had stopped to stretch. Aerobically, I felt okay. My legs were slightly crampy, but nothing unbearable. I decided to chunk the race down. Get to 30 km as it's less than two more Parkruns. Then get to 33 km. Then every kilometre after was a celebration because it was further than I'd ever run before.

I'm not sure at what point I saw the alpacas, but I think it was sometime around here. They were a fun surprise. No Nessie sighting though, just the gorgeous views of the loch. However, there was another monster in store. At the end of 30 km is the Hill of Doom. It's a terrible place to put a hill: right after the point where most people's longest training run has been. It's also where the route narrows to one side of the road as you begin to approach Inverness. It's terrible because it just seems to keep going for over 2 km. I started by running, but then began to walk/run it and eventually ended up solidly walking. So did everyone around me. In hindsight, I probably could have run more of it, as I had more in the tank at the end than I anticipated. However, as it was my first marathon, I knew about people hitting the wall and was trying to be sensible to avoid it. I didn't know what else was in store.

I fist-bumped a lady who was also rather annoyed by a spectator who was telling everybody to "just run up it".We agreed we'd like to see him try, especially after the last 30 km we'd done. That hill seemed never-ending. Eventually, I thought the hill was over. A spectator shouted that we were over the last hill!

Luckily, I never believe someone when they tell you that mid-race, because another hill came after.

And then there were fewer than three Parkruns to go. I got a second wind. I just focused on putting one foot in front of the other and keeping moving.

I was thankful I had practised with the High5 gels at the aid stations during training, spreading them out between the SIS Beta Fuel gels. I knew from training that I could have extra if I needed them and still feel fine, so from the 30 km mark I grabbed some extra from the tables and took them early.

The Final Few Kilometres

We approached the centre of Inverness and the crowds picked up. The marshalling was very impressive; they somehow managed to navigate us around a roundabout while holding and moving traffic through. Lots of families and children were out to watch the marathon, which made for a great atmosphere. It was lovely to see everyone's signs for friends and family.

I don't know where the next few kilometres went because, suddenly, it was the final 2 km. For the final 2 km, you run down one bank of the river in the city centre, pass the castle, cross the bridge and then run back down the other side. This meant that you could hear the crowds and the speaker from people finishing on the other side of the river, and you could see people in the final finishing straight while you were still 2 km away. This could feel brutal, but I actually enjoyed the energy it brought.

In the final kilometre of the race, for the first time, I looked down and saw an accurate pace on my watch. I realised that I had missed finishing in under 4 hours 30, but if I got a scurry on, I could finish with a chip time of under 4:35. I then realised that, while I had been so busy looking at my watch, I had missed my mum on the sidelines. Sorry, Mum! I turned around to give her a wave. I drank in the finishing straight, smiling all the way, and came in at 4:34:12.

The Finish

I was greeted with the last-ever Baxters Loch Ness Marathon medal, complete with a tartan ribbon, and a Loch Ness tote bag containing fruit, vitamins, two cans of Baxters soup, sweets and Erdinger non-alcoholic beer, as well as a red race top.I got changed and then saw my dad come in at 4:55, smashing his time goal of five hours. Baxters were giving out free hot soup and bread to the runners, and as I suddenly felt cold, it was an absolute godsend.

Overall

Overall, it was a super-beautiful marathon. It probably wasn't the easiest first marathon, but the views and atmosphere were well worth it. I'm very glad that I took the time to really take it all in. The volunteers were wonderful. The event had a down-to-earth, local feel. I'd definitely recommend this marathon!



At the end of the race, me and my dad with our marathon medals and my mum with her 10k medal

‘Humpty Dumpty’ by Jen Williams





Humpty Dumpty sat on her bike,
Pedalling happily, feeling alright.
Then came a corner — a wobble, a crash…
Down went Humpty with one mighty bash!



Humpty Dumpty was broken and sore,
Her arm was in pieces, smashed galore.
The doctors all patched her, strapped her up tight,
And told her, “Your triathlon days are on ice.”



But Humpty Dumpty wasn't one to stay down,
She was stubborn as ever and back came the crown.
She trained and she suffered, she sweated and swam,
She got back on that bike like a mighty woman.

She ran and she cycled, she swam with great might,
Though sometimes her body said, “No, not tonight!”
But Humpty remembered the day that she fell,
And thought, “If I got through that, I can do this as well!”



So off to the triathlon Humpty did go,
With something to prove and a fire below.
She swam, then she cycled, then ran at a pace,
And crossed the finish line somehow in first place!

All the king's horses and all the king's men
Couldn't put Humpty together again.
But Humpty put herself back together instead,
With grit in her heart and a goal in her head.



She'd fallen, she'd broken, she'd struggled, she'd cried,
But she'd climbed back up and she'd swallowed her pride.
And when they announced who had won the race,
A surprised Humpty had the trophy - first place!



Bates Green Gallop

By Katherine Simmons



Bates Green Gallop has been one of my favourite events since Les and Sally convinced me to do it a couple of years back with tales of delicious brownies awaiting at the event aid station.

When you are asked how long the event you are running is, the answer for Bates Green is always a bit different... it's however long you want it to be, but within six hours. I have run the last two Bates Green Gallops as 5 laps/18 miles, but this year wanted to enjoy the run on its own merits, rather than using it as training towards a longer distance.

Last year was the first event that runners were able to take part on the Gallop as a relay. And seeing Lucinda sitting in her Dry Robe drinking tea while supporting her team mates made it look very appealing!

Luckily for me, first timer Galloper Jeanette also wanted to try the relay too and together we concocted our team name of Seaford Striders Salty Spud Superfans in honour of the run's most popular aid station snack – roasted baby potatoes, yum!

Strider participation in this race has grown year-on-year with many runners returning to take on the challenge of as many laps as they want at their own speed in the six hour race time. One important task before the race was to establish a Striders' cheer zone and we set up what looked like a camp site just by the start/finish line, most accurately described as the Striders 'cheer camp' by Victoria.

As well as the camp chairs brought by various Striders, Martyn Q actually brought a camp bed, which he said could be used as bench for more people to sit on… but it was definitely used to lie down and chill on! The Striders zone served as a base for relay and for runners resting or refuelling between laps. And ensured there was always cheers for participating Striders – and other runners!

It felt a bit odd not starting off with the rest of the runners at the start of the race, but anything remotely resembling FOMO soon wore off as it was thoroughly enjoyable having a catch up with some of the other relay runners. That and the cheering (plus the lovely aid station grub) was as fun as the actual running!

Once Jeanette had finished her run, it was my turn and I actually managed my all-time Gallop PB on the first lap, probably as I didn't need to stop to pick up any fallen runners! Although its a lapped course, the scenery is varied with through woods, farmland and fields, plus a few bridges to cross. There's also one section through stables. And despite what's on the medal, this year there were no cows to be seen!

Once through the finish and after a quick catch up, Jeanette was off again… I followed this up with a trip to the aid station and another nice catch up with more Striders. There was a consensus among the relay runners that there really was no rush for them to finish their laps!

I enjoyed running my next round with Simone and we also caught up with Bates Green Gallop Master Les for a while. It was lovely to chat our way round with absolutely no time pressures.

One of the things I most enjoy about the Bates Green Gallop run is that everyone really is running their own race. Within Striders, Lisa and Emily were aceing ultramarathon miles, Dom was running the Gallop as you would run a backyard ultra and having a few minutes rest before the next lap, the Super Six gang were clocking up another training run before Valencia, Tom F getting in a long run before Beachy. We had a relay team of four, plus two relay pairs, Sally fast walked her laps and I am sure Victoria said she might do one lap… but ended up doing a lot more than that!



I woke up thinking that three laps (just over 11 miles) would be a very nice distance for the day, but my relay partner had other ideas. So after watching Jeanette 'one more lap' Wells going out on her fourth lap, I decided to do the same. By that time, it was getting very hot.

I hadn't woken up thinking that I would like to run more than a half marathon that day, but in the end, that is what happened. So I decided to go one more lap as well, running with Bates Green first timer Jody, who was relaying with mum Kay. We both agreed we'd walk when we needed to.

It was hot and there were now a lot fewer runners on the course but it was a fabulous way to round off the Gallop. Jody was on her way to her achieving her longest ever run – which was just a lovely thing to be a part of!



One of the most memorable moments was when we both ran in, cheered by the fabulous cheer zone Striders, to be joined by our partners Kay and Jeanette. We all ran in to the finish together to ring the bell, which signals to the timers that we were ending our runs at the Gallop.

Towards the end of the event, another runner who had sat down near us, commented what a wonderful, supportive friendly run club we were for cheering everyone in. A very proud moment to be told that our lovely Club had added to another runner's enjoyment of the event.

Once again Bates Green delivered – there were some epic mileages achieved, great vibes and a fabulous picnic at the aid station.

I absolutely loved being part of the relay this year and am looking forward to what 2027 will bring!

Well done to Jeanette, Jo, Simone, Kate L, Sam C, Kay, Jody, Martyn Q, Lorraine, Debbie, Mike, Jill, Gary N, Les, Sally, Victoria, Dom, Tom F, Ellie, Lisa P, Emily and Ron who marshalled.



Three Is a Magic Number

I (Jo) chose the number 3 to inspire my naked run time. My prediction? 33:33. And I crossed the finish line in 33:36, just 3 SECONDS OUT!

Spencer completed his 10th parkrun (a brilliant Junior milestone) at the same event on 10th October (10/10)!

Congratulations to Andy Gorrie, who also bagged 30 points with his ever so close prediction and on completing his 25th parkrun, An even bigger cheer for Trevor on hitting his magnificent 100th parkrun! (Even if the team completely forgot to give him a shout out at the start line... we see you, Trevor! 🤫💯)



Too good to be forgotten? Parkrun royalty Trevor's 100th parkrun as a runner after gaining his 100th volunteer badge earlier this year.



Spencer 10th parkrun on 10/10.

Big Half Weekend

By Jo Robinson

Some things in life become traditions and the London Big Half is becoming one of them. The annual Seaford Striders trek to Telegraph Hill returned for another 13.1 miles of London, although this year the group had expanded to eight.

Martyn Craddock was once again the dazzling, generous host, Sam was firmly in charge, Russ remained as laid back as ever, Lisa returned as the undisputed Queen of Cheese. Matt drove his party van and Kat brought her usual touch of class. This year's newcomers were Ray and I.

We all stayed in Martyn's various rooms, dungeon and shed before gathering for an excellent feast of pasta and garlic. The drinks flowed, the conversation flowed and any hope of an early night disappeared.

Then came the evening's main event. Martyn invited us to participate in a highly sophisticated competition entitled *Guess the Cheese*. This was no ordinary cheese tasting. Players were required to identify the cheese itself, as well as the animal the milk came from, its country and region of origin and its price per kilo.

What started as a bit of fun quickly resulted in major competition. Ray and Russ were disadvantaged by the fact that neither actually likes cheese, while the rest of us played with a mixture of seriousness and ridiculousness. The competition eventually concluded with Lisa crowned champion and presented with the coveted cheeseboard.

Sunday morning brought the usual pre race chaos. In order to get Sam to her starting pen in plenty of time, there was a brief and amusing incident in which we nearly managed to lock Lisa inside the house. Luckily, disaster was avoided and we set off towards Tower Bridge on Lime bikes.

Having no electric bike experience, I managed to fall off mine. This did not count as a valid excuse for missing the race, so after dusting myself down, I gained in confidence and rode with the others.

At Tower Bridge we joined thousands of runners (17,876 to be precise) preparing to take on one of the best half marathon courses in the country. The route passes some of London's famous landmarks, from the Tower of London and Canary Wharf to the Thames, Tower Bridge, Greenwich and the Cutty Sark.

The weather was hot and sunny and several sections of the course featured welcome cooling jets of water. The cobblestones proved less welcome and cost me a bit of time, but running across Tower Bridge on a beautiful day remains one of those experiences that makes the race special.

It was only afterwards that we discovered Darren Wymer had also been running. It would have been lovely to spot him along the route.

Afterwards came the usual collection of medals, finish-line photographs and race T-shirts. My own priority was to find ice cream as quickly as possible.

The others began making their way back towards Seaford while Ray and I returned to Martyn's to collect the car. A combination of buses and a considerable amount of walking eventually delivered us to a well earned flat white before we rounded off the day with a pint in Nunhead.

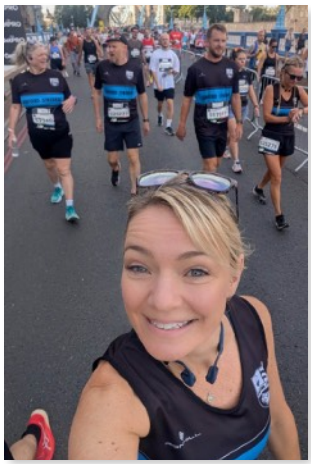


There was only one remaining matter to settle: how Lisa had once again demonstrated such extraordinary cheese knowledge. Suspicions lingered all weekend that she may have received a little technological assistance.

Martyn, naturally, came up with the best line of the weekend:

"*While there is no I in team, there's definitely an AI in Lisa!*"









Run to the Sea Bournemouth



By Michelle Mills

My first ultra 3rd October 2026. Wow, what an experience.

Early start to catch the coach at 6.20am from the finish at Hengistbury Head to the start at Moors Valley Country Park. I was on the first coach to leave, feeling excited and keen to get running as soon as possible, so was then ready to set off in the first wave of runners.

My plan was to focus on getting to each aid station. We set off at 7.30am, running along forest paths with the early morning sun peeking through the trees. I got into a nice, easy rhythm and, before I knew it, I was at the first aid station at 9.5kms. A quick top-up of water and I carried on.



The wonderful forest trails were so beautiful, my favourite environment for running, so before long I was at aid station 2 at 19km, then quickly onward.

At 24.5km I was feeling great, listening to some uplifting dance music, thinking that I was nearly halfway, when disaster struck in the form of a bit of stone protruding from the gravel path, which tripped me up, landing heavily on my shoulder.

Blood coming from both hands, one knee, right shoulder and right cheek, I was also covered in a layer of black gravel dust. Thankfully, immediately, other runners came to my aid to help me up. One kind man had a first aid kit, so washed out my wounds and bandaged my shoulder.



Then I was focused on getting to the next aid station at 33km. I think the adrenaline from the fall possibly helped me through the mid kms, and I was absolutely determined to finish the race.

At the third aid station, I grabbed my restock of gels which were waiting for me, and we had now left the forest and were running through Poole before coming out on the seafront for the last 12kms along the promenade.

Checkpoint 4 was at 42km, and after that the going got hard, knowing this was farther than I had ever run before. I managed to dig deep and keep plodding along the seafront. The final km included a section through some sand-dunes with soft sand, which felt like it drained every last ounce of energy from my tired legs.





But then the end was in sight, and crossing the finish line felt absolutely amazing.

Chip time 06:04:16. Maybe next year I may return to attempt sub-6!







Peacehaven Parkrun 400th





By Ralph Jennings

Parkrun Rides into the Wild West for Event #400 : Striders aplenty at the hoedown.

The summer of 2026 has been one of the warmest and driest on record, and Centenary Park has certainly been feeling the heat. With its golden, parched grass stretching across the landscape, it has recently looked less like East Sussex and more like the prairies of the Wild West. All that was missing were a few tumbleweeds rolling mysteriously across the park. So, naturally, there was only one thing to do. Turn Peacehaven parkrun into the Wild West!



And what a brilliant idea that turned out to be for Peacehaven Parkrun's 400th event. A whopping 199 Parkrunners and Parkwalkers saddled up and arrived at Centenary Park (including 29 Striders, of which 6 volunteered), with a very impressive percentage embracing the fancy-dress challenge. Cowboys and cowgirls were everywhere, along with bronco riders, bull riders, Native American-inspired outfits, ponchos, bandanas, leather-fringed vests and cowboy hats. There was even a cactus, a Daisy Duke and, naturally, a Dolly Parton. I suspect Amazon was rather pleased with the number of last-minute Wild West purchases! But, the real stars of the show were the local Wild Earth Drummers, who provided a fantastic soundtrack to the morning. Their drumming created an incredible Wild West vibe and seemed to inject extra energy into every lap. They certainly had everyone in the mood — and I even spotted Event Director Leigh Jeffery doing the Dosey Doe! Yee Haw! And, as if the costumes, drumming and 400th-event celebrations weren't enough, Mother Nature decided to bless the party with absolutely supreme sunshine and warmth – ideal for enjoying the outdoors on the beautiful south coast.



Today was my 189th Parkrun, and my 91st at Peacehaven, but this one felt particularly special to me. The Wild West theme brought me right back to my own roots. I grew up in Colorado, with the prairies stretching out to the east of our house and the magnificent Rocky Mountains rising to the west. As kids, we were heavily involved in the rodeo scene, so the Wild West was a pretty big part of my upbringing — although perhaps not quite as wild as the frontier days! I really wish I'd kept my old cowboy hats and gear. They would have been perfect for today. Instead, I had to resort to a cheap Amazon outfit. Hey, it's the thought that counts! I dressed as a cowboy for the occasion, although I should point out that I actually have more Native American heritage than cowboy heritage – I have native Cherokee blood. Shortly after arriving at parkrun, my good friend Ron Van heuvelen approached me with a little gift: a USA flag headband. Naturally, I wrapped it around my cowboy hat before heading off for the start. I was feeling rather patriotic.



Three laps of the Wild West

Peacehaven is still running its summer course, with the three-lap route taking in a good mixture of paths and grass, along with plenty of undulating terrain. On a warm morning like this, it certainly felt like an authentic prairie experience! The volunteers were, as always, amazing. I was so pleased to see Strider friend and volunteer Carly Holmes providing British Sign Language interpreting support for the race directors briefing. It was also special to meet her lovely friend Farah Digman, who was a beneficiary to Carly's BSL interpreting skills, and it was her very first ever parkrun. What made today even more special was seeing so many of the volunteers embracing the theme and turning up in fancy dress. They really went the extra mile to make the 400th event memorable for everyone. A particular highlight was seeing a wonderful fancy-dress tribute to the late and globally loved Dolly Parton, who could be spotted on every lap marshalling runners and walkers at the bottom of the first hill. I had 9 to 5 going through my mind over and over on each lap.

Yee Haw for the stats

Liam Gunner was the first male finisher in 18:13, while Trixie Nisbet was the first female finisher in 24:08. Trixie also recorded the highest age grade of the day with an impressive 81.56%. And then there was the ever-consistent Ed Plager, who was the first cowboy hat to cross the finish line, finishing in 18:24. Now that is the kind of statistic I like. Special mention must also go to Strider Paula Tiller, part of the core team, and 2nd claim Strider Ollie Sprague, who were joint Tail Walkers — while riding an inflatable horse! I'm not entirely sure how they managed it, but I think they spent most of the 5k having to sidestep together. It was certainly one way to bring a little rodeo action to the back of the field! Today also saw 22 first-timers taking on Peacehaven for the first time, including four people completing their first-ever parkrun. Congratulations to Owen Burgess, Farah Digman, Lee Didcote and Hui Wu. Hopefully this is the beginning of a long and rewarding parkrun journey.

There were also some fantastic milestones to celebrate, with our Strider Chairperson, Victoria Maleski celebrating her 150th Parkrun completion, Strider James Dopson completing his 100th Parkrun and Angela Bennett reaching 50. And Strider age group phenom Graham Jones also celebrated his 50th volunteer milestone! All fantastic milestones! A further 18 participants achieved course PBs (including Strider Gary Collings), so there were plenty of reasons to celebrate. But, of course, Parkrun isn't really about the statistics. It's about everyone coming together, supporting one another and enjoying the community environment created by a bunch of like-minded people who all have their own reasons and goals for getting outside and running or walking 5k. For me, today was about taking it easy. I'm currently recovering from an injury, so there was no attempt at chasing a time. And honestly it was wonderful. I could simply enjoy the run, chat with people along the way and soak up the atmosphere. Sometimes Parkrun is at its best when you forget about the clock and just enjoy being part of it.



Of course, no 400th-event celebration would be complete without refreshments. A gazebo had been set up with a magnificent selection of cakes, biscuits and snacks for everyone to enjoy after completing their 5k. And who better to preside over the celebrations than Cake Marshal Simone Plaut, whose usual entertaining personality added even more fun to the morning. I went straight for the banana bread. Wow. Absolutely amazing. With the 5k completed, cake consumed and Wild West atmosphere still lingering, it was time to head off to the saloon (café) for coffee and some good old Parkfaff (an awesome term coined by Fabian Eason) with friends. And that, for me, is one of the very best parts of parkrun.

So, happy 400th event, Peacehaven Parkrun! What started with a dry summer and a park that looked like the American prairie turned into an unforgettable morning of cowboys, cowgirls, drummers, inflatable horses, cake, friendship and plenty of laughter. The Wild West may be thousands of miles away, but for one Saturday morning, Centenary Park was definitely Dodge City. Ride on, Peacehaven.

100 Marathons

By Steve Green

Like many of my questionable life choices, the decision to run 100 marathons and ultra marathons began with a perfectly harmless thought in 2011. Disguised as a midlife crisis, it was: “I should probably get a bit fitter and try to run a marathon.” For context, I hadn’t run since school, so this was clearly the most rational possible next step.



At no point did I consider that this would lead to years of averaging 1,400 miles, leaving home at 4 a.m. for events, sleeping in my car, acquiring enough running kit to stock a small shop, and spending a fortune on entry fees, travel and obscure food which apparently has some nutritional value



In 2011, smartphones were not really optional and with no running experience, I bought The Non-Runner’s Guide to Marathon Training and followed their training plan. I ran the Brighton 2011 marathon with a friend who had trained rather less enthusiastically, and we crossed the line in 4:48. Whenever he walked, I ran circles around him because I was convinced that stopping would cause my legs to resign permanently. Afterwards I was exhausted, sore and unable to walk properly for three days, or negotiate stairs and curbs with any dignity. I was certain I would never do anything so ridiculous again.



Weirdly, and for reasons only marathoners seem to understand, I forgot the pain and promptly entered the 2012 Brighton Marathon, finishing in 3:54. I was so naïve that when a mate said, “You ran sub-four,” I had no idea what he meant!

I ran Brighton again the following year and achieved a PB of 3:41. Naturally, I thought, “I can go faster.” The next year I proved myself spectacularly wrong with 5:24. The lesson was that sleep matters, and going to a gig the night before, then getting home after midnight is not recognised marathon preparation. I was counting down the miles from mile eight, which is rarely the sign of a PB day.

In 2017, I discovered the Beachy Head Marathon, and my running journey changed direction completely. I loved the freedom of trail running, the scenery, the social interaction and camaraderie.

That was when the trouble really began. Five marathons became six, six became seven, and then I discovered that nobody stopped you at 26.2 miles, you could simply keep going. The Sussex Weald gave me my first taste of a 50K in 2019, and from there the sensible decisions continued.

My wardrobe filled with technical T-shirts, the toilet required an extra medal hook, and normal conversations became detailed briefings on gradients, pacing and the dangers of trying unfamiliar socks on race day. I also discovered Strava and learned that runs could be tracked, analysed and compared, because just suffering through them wasn’t enough.

I’d averaged a marathon on and off for around eight years, but after each race I dropped back to a maximum of about six miles. I realised I didn’t enjoy building back up to marathon distance because it hurt, a lot. My brilliant solution was to remain marathon ready by running around 18 miles every Saturday. This led naturally, if not sensibly, to the thought: “Why not run a marathon or ultra once a month?”

This strategy went surprisingly well, and for several years I averaged around 12 trail marathons or ultras without any real goal. At about 50 events, I discovered the 100 Marathon Club. By then, the whole thing was clearly getting out of hand and I had developed an expensive habit disguised as fitness. Still, once you set a goal, apparently the only reasonable response is to chase it for another 50 marathons.

For the blissfully unaware, there is a UK club dedicated to people with too much time, on their hands. Complete 100 marathons or ultras and you earn the right to wear a 100 Marathon Club T-shirt. It is perhaps the most expensive technical T-shirt in the world, and I wanted one.

For me, every trail marathon brings a new experience, a new group of people to talk at, and a fresh reminder that difficult things are possible. For me, running cuts through the noise, particularly when life/work are complicated.

My partner doesn't enjoy running at all. On the day she completed her first 5K, she texted me the news while I was running a 50K with friends. She met us at the finish, and the first thing my friends said after crossing the line was congratulate her. That one moment captured how supportive and encouraging the running community is.

Like many marathoners, I progressed from marathons to 50K, 50 miles and then 100K, because moderation had clearly left the building. However the South Downs Way 100 miler defeated me. I had broken my ankle in my early twenties, and my ankle stiffens at around mile eight onwards and remains in that state. The uneven, rutted ground slowed me so much that I timed out. I probably shouldn't be running marathons at all, but it is far too late for that.

I'm usually in the top 80% of finishers, or the bottom 20%, depending on how enthusiastically you frame it. I've finished in the bottom three and come last several times, but success for me is simply crossing the line before the cut-off packs up and goes home (and they had once as the finishing line had been removed and there was just an elderly lady in a desk chair with a single medal in her hand and timing clipboard. I wasn't even that slow on that one!

As the years passed, my determination to own that T-shirt intensified. I completed 19 marathons and ultras in one year, although finding official events in some months required almost as much endurance as running them. My most reckless spell was three races in three days and five in a single month.

After 10 road marathons and 90 trail events, including a car-park marathon and a tunnel marathon, joining the 100 Marathon Club was a very good day. It was also the day I won a trophy for 2nd place male at the Holy Trail Marathon in Suffolk, probably the only running trophy I'll ever win. It wasn't the fastest field that day!

By running so many events, I began to recognise familiar faces and form valued friendships. Some of these runners are extraordinary, having completed 500, 800 or even more than 900 marathons, which is reassuring, because it proves there is always someone whose hobby is more out of hand than yours. I am a mere beginner.

I once spent a couple of hours running with a woman in her mid-seventies. She suddenly checked the time, announced that she had things to do, and disappeared in a cloud of dust. I couldn't catch her. Nothing keeps the ego healthy quite like being casually dropped mid-conversation.

If you're thinking about running a marathon, please do it. You may briefly regret it around mile 20, but the memories and sense of achievement will last a lifetime!









SGP September Races

Sussex Grand Prix September Races

By James Marron



Hellingly 10k

I had entered this race, but was unable to run due to injury. As it didn't coincide with Ron's birthday this time, there was no repeat of last years bumper Striders turnout. Fourteen 1st claim Striders took part and as a team we finished 6th on the day. The race was won by Ollie Sprague (running for Peacehaven RC) for the 3rd year in a row, confirming him as the winner of this year's Men's SGP competition (also for the 3rd year in a row!) with a perfect score of 3000 points/6 wins. Richard Impey (running for Brighton Phoenix) finished a very creditable 5th place with the next fastest Strider Luke Borland getting in just under the 40 minute mark. The fastest Striders lady (making her SGP debut) was Chloe Herbert with a time of 53:51.

Lewes Downland 10 Mile

A glorious sunny day with no wind, making for very unseasonal running conditions with even the warm-up run being a sweat fest. The ground was rock hard underfoot and I was glad I'd opted for light trail shoes rather than my usual super grip clogs.

The Race HQ was at Wallands Primary School with ample on-site parking. The toilet facilities were the pupil's ones, leading to runners jokingly complaining of back ache from having to sit so low. The race start/finish line is in the field across the road from the school. The opening and finishing sections are on grass with the rest of the race being a mix of chalk trackways and oft-times single file dirt footpaths. It's an out and back with three major hills and very little level ground. The steepest section is the notorious mile-long Ashcombe Bottom woodland climb, that pretty much everyone has to stop and walk by the end.



I went into the race at the top of the SGP V4 category by virtue of Gareth only having run five races (and guaranteed to overtake me just by showing up). My only rival for finishing second spot in the end-of-season standings was Mark Redfern of Crowborough Runners, who I'd had the better of earlier in the season, but who had improved dramatically over the summer and trounced me at Bewl. My plan for this race therefore was to keep him in sight and minimise the number of places he beat me by, in order to keep safely ahead in the standings. This unravelled completely right from the off, as he charged up the opening hill and was soon well ahead. It became painfully obvious that he had his eyes on beating Gareth and making a bid for top spot, not second.

The first three miles of the race are all uphill and I was soon struggling with the pace. Redfern, Gareth and even Luke all disappeared over the horizon. This was the fourth time I'd run this race and for the first time I felt the need to get a drink at the 2.5 mile water station. The next four miles were more bearable, but the Ashcombe Bottom hill climb was as tough as ever and yet again I gave up and walked the ridiculously steep end section, will I ever be fit enough to run up it?

Another welcome drink at the 7.5 mile water station and I knew the worst was over with. From the top of Black Cap the last two miles are nearly all downhill. The short sharp hill at 9.5 miles is just as painful as it is in the Blackcap Cross Country, but after that it's downhill all the way to the finish line.

I got a fright halfway down when I glanced back and saw Tommy Knight of Peacehaven closing in, I'd passed him much earlier in the race and he'd said he was taking it easy in preparation for Budapest this weekend. However, he clearly couldn't resist the temptation to chase me down on the final stretch and I had to give it everything to get to the line before him. I finished in 33rd place with a time of 01:16:24. Despite giving it full effort I was 4 minutes slower than the last time in 2024, my race fitness having been knocked by recent injuries and not being able to run for much of the last four weeks.



Redfern's bold attempt ultimately failed, with Gareth reeling him in with a couple of miles to go. Gareth was also first Strider home in 18th, with Luke next in 26th. The fastest Striders lady and 7th lady overall was Anneka Redley-Cook who also earned the V35 Age Category winner's trophy for her efforts.

In total seven Striders took part, which doesn't sound like much ,but was actually our highest turnout at this race for several years. As a team we finished 7th on the day, and are up to 9th in the overall table.

The winner of the race was Oliver Varney of Eastbourne Rovers with a new course record of 56:09. First lady was Alison Moore, also of Eastbourne Rovers, who is now confirmed as the winner of this year's Women's SGP competition. In the team competition Peacehaven RC's lead at the top has been cut to just one point by a resurgent Hailsham Harriers. There are just two races left; Hove Prom 10k (sold out!) and Crowborough 10k on the 1st of November, which is also a CGP event, hope to see you there!

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.

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/

Sussex Grand Prix

Jay's 24 Hours in Crocs

Jay White will be spending 24 HOURS wearing Crocs at Seaford Seafront on 21st November 2026 at 10am

"This year has been my biggest personal struggle yet. There have been times when I've felt lost, overwhelmed and unsure of my direction. But I don't want to let those struggles define me. I want to run with purpose, find my reason and use what I've been through to help create something positive.
That's why I'm doing this challenge to raise money for Men's Minds Matter and help raise awareness around men's mental health.
Men's mental health is something we need to talk about more. Too many men struggle in silence, and I know how important it is to have a reason to keep moving forward, even when things feel difficult.*

Please donate if you can. Every donation makes a difference.

And if you see Jay out there... please come and say hello. Strider support is very welcome!

This October, Strider John Durrant, (Jay's father in law) is taking on the Run 50 Miles Challenge for Prostate Cancer Research to help make a difference to men and their families who have been affected by prostate cancer.
You can donate to John's fundraising page here: https://support.prostate-cancer-research.org.uk/fundraisers/johndurrant
Thank you for your support! 💙🧡



PLEASE DONATE https://www.goodhub.com/go/mens-minds-matter-245450



Club Grand Prix



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

Competition Rules

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

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

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

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

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

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

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

Bonus Points

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

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

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

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

Club Grand Prix

The Seaford Striders Club Grand Prix is a year long competition open to all senior members regardless of speed or ability. Participants earn points from their best 10 races out of 20 available events.

2026 Club Grand Prix Races

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

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

Club Grand Prix

Female Results – Update 10/10/26

Pos	Name	Whitbread Hollow	Brighton Half	Hastings Half	Brighton Marathon	Seaford Martello Half	Dream Mile	Haywards Heath 10	Seaford Beach Park	Downs Link Park run	Heathfield 10k	Peacehaven 10k	Bewl 15	Summer Solstice Run	Malling Rec Park run	Brighton & Hove	Preston Park Park run	Hellingly 10k	Bevendean Down	Eastbourne Park run	Seaford Naked Park	Total Points	No. of Runs	Top 10 Score
1	Bethany Creese				29				24		30	29		28		29			29	28	25	251	9	251
2	Anneka Redley-Cook	30	28			30			23	28				26					29	30	22	246	9	246
3	Katherine Simmons	27	24	30					19		29	26		16				29			28	228	9	228
4	Sam Alvarez								30	31				29	30	30			31	30		211	7	211
5	Julie Fannon		16		6		26		8	27					29			26	28	26		192	9	192
6	Michelle Mills		23		21								29	18	27		30				19	167	7	167
7	Jo Robinson			21	8		24		3		26	17		5				27			30	161	9	161
8	Emma Godden		25	26				33			28	28										140	5	140
9	Jen Williams				13			32	22						23	28					16	134	6	134
10	Simone Amis			27	23		30		29					24								133	5	133
11	Jemma Crawford								25					27	30					27	17	126	5	126
12	Debbie Priest		20		19				16			22		10							29	116	6	116
13	Katie Mayo					27	27		14					15				28				111	5	111
14	Amanda Feast		29						28					30							18	105	4	105
15	Paula Tiller			24								27		22	26							99	4	99
16	Ellie Woolcott					24		31	1					14	24							94	5	94
17	Sandra Standen				5				21		23	18		1							26	94	6	94
18	Kellie Snow		22	29	26									13								90	4	90
19	Kay Crush				14				20		27	20		8								89	5	89
20	Charis Crudgington	28				28							30									86	3	86
21	Chloe Herbet								6					23				30			27	86	4	86
22	Jeanette Wells				11			30	1		24	19		1								86	6	86
23	Victoria Maleski		15		4				14	27											23	83	5	83
24	Lisa Parkinson		27		28									25								80	3	80
25	Jacquie Trott								13			25				27						65	3	65
26	Rosie Neill		30									30										60	2	60
27	Emily Danvers	29			30																	59	2	59
28	Kate Lewis			25	9																20	54	3	54
29	Janine Bishop			19	10							21		4								54	4	54
30	Lauren Stallard				23	25			5													53	3	53
31	Lindsay Tearle			28	24																	52	2	52
32	Louise King					26						24		2								52	3	52
33	Carly Holmes				25															26		51	2	51
34	Elizabeth Veale			20									28									48	2	48
35	Sam Cornwell						25		1					1							21	48	4	48
36	Kate Parkinson								17												24	41	2	41
37	Natasha Hickin				20									21								41	2	41
38	Jane Masey											23		17								40	2	40
39	Justine Ridgway			22	17																	39	2	39
40	Stacey Pollard		21		18																	39	2	39
41	Lindsay Baker								27					11								38	2	38
42	Tina Warren						28							6								34	2	34
43	Sara Baitup		17		16																	33	2	33
44	Erica Martin									29												29	1	29
45	Jazz Dymott					29																29	1	29
46	Katherine Dobson						29															29	1	29
47	Tanya Tullett								29													29	1	29
48	Melissa Luckin								9					19								28	2	28
49	Kathryn Warren				27																	27	1	27
50	Hayley Cole								1										26			27	2	27
51	Kajsa McMullen		26																			26	1	26
52	Lu Sanchez										25			1								26	2	26
53	Anne Josset														25							25	1	25
54	Alex Morris			23																		23	1	23
55	Amy Fearn								21													21	1	21
56	Bronwyn Clare													20								20	1	20
57	Sue Leppard		19																			19	1	19
58	Gemma Watts		18											1								19	2	19
59	Amanda Harman				7				10					1								18	3	18
60	Kat Chamberlain				15																	15	1	15
61	Sally Mayger													1							15	16	2	16
62	Gillian Tansley								15													15	1	15
63	Jane Kemp				12																	12	1	12
64	Tracey Pragnell													12								12	1	12
65	Jean Hunt								11					1								12	2	12
66	Tina Harris-Ross													9								9	1	9
67	Lizzy Miles													7								7	1	7
68	Sue Dawson								7													7	1	7
69	Dorinda Dodd								4													4	1	4
70	Jodie Bovington													3								3	1	3
71	Helen Ramsey								2													2	1	2
72	Susan Page								1													1	1	1
73	Alice Lennie								1					1								2	2	2
74	Lisa Harvey Messina								1					1								2	2	2
75	Lorraine Quigley								1					1								2	2	2
76	Ellen Spear													1								1	1	1
77	Jill New													1								1	1	1
78	Paige Gregory													1								1	1	1
79	Romy Allen													1								1	1	1
80	Sarah Forristal													1								1	1	1
81	Sophie Halas													1								1	1	1

Club Grand Prix

Male Results – Update 10/10/26

Pos	Name	Whitbread Half	Brighton Half	Hastings Half	Brighton Marathon	Seaford Marathon	Dream Mile	Haywards Heath	Seaford Beach	Downs Link Park	Heathfield 10k	Peacehaven	Bewl 15	Summer Solstice	Malling Rec Park	Brighton & Hove	Preston Park Parkrun	Hellingly 10k	Bevendean Down	Eastbourne Parkrun	Seaford Nakd	Total Points	No. of Runs	Top 10 Score
1	James Marron	~~26~~	~~28~~	29	~~28~~		30	29	~~10~~	30	28	29	29	~~25~~	~~25~~	30	30		~~27~~	30	~~23~~	486	**18**	294
2	Gary Collings	~~25~~					~~26~~	31	28	28		27		27	27	31	31		30	27	~~16~~	354	**13**	287
3	Richard Preece	~~22~~		~~18~~			27	29	30	30	24		26	~~14~~	29	26	28			30	~~17~~	350	**14**	279
4	Nick Farley		29	27		29	28			28		30		26			27		31			255	9	255
5	Fabian Eason				27	28			18	25		26	28	23		24		27			28	254	10	254
6	Martyn Craddock	19		21				25	27		23		27		26	26		25		26	~~18~~	263	**11**	245
7	Tom Webb		24				25		13	22				24	23			26	25	23	29	234	10	234
8	Russ Hewlett	23		19	23				9	25	21					25			29	24	22	220	10	220
9	Richard Impey		30								30	28		30	28	28		30				204	7	204
10	Luke Borland	29		28							27		30			27		29		27		197	7	197
11	Matthew Winton	21			21				17	22	18			9	21	20	25				21	195	10	195
12	Yonas Beyene					23			17				25	15	22	22			24	24	15	187	9	187
13	Gareth Hutchinson	28		30			29	30			29			29								175	6	175
14	Austin Warren	24		26	26	27					25			21								149	6	149
15	Tom Roper														14	19	24	21	23	18	25	144	7	144
16	David Hayes		19	12		15		26			16	21	23									132	7	132
17	Mark Andrews			14	18		21		16					10			26		26			131	7	131
18	Fabrizio Ferioli			23	24	25			21					16							19	128	6	128
19	Dominic Hind				22		23		19	23				13		23						123	6	123
20	Peter Fannon		16		11				7	21				1	18			22		22		118	8	118
21	Steve Ramsey				17		20	27	14					22								100	5	100
22	Peter Jaques		22		19	20			23					12								96	5	96
23	Simon Peck			20					27		20				27							94	4	94
24	Tom Forristal				14	13		25			15										27	94	5	94
25	James Miles	27									26			5				28				86	4	86
26	Graham Jones								28	28										28		84	3	84
27	Stephen Marsden			22			24		20					17								83	4	83
28	Ray Smith	20		17							19							24				80	4	80
29	Noel Painting		20	16		18	22							4								80	5	80
30	Kevin Tant		18		15									1						20	25	79	5	79
31	Darren Wymer		17		10	17						22		8								74	5	74
32	Steven Teale			15		16			1		17							23				72	5	72
33	Paul Swinnerton														15	18	23				13	69	4	69
34	Jack Walsh										22	24		18								64	3	64
35	Ralph Jennings							27	12												20	59	3	59
36	Trevor Jones				13									1	19						26	59	4	59
37	Matt Clare					30								28								58	2	58
38	Sam Horscraft					19	15							7	16							57	4	57
39	Jay White		27		29																	56	2	56
40	Leslie Mayger					11			22			17		2								52	4	52
41	Simon Wattam		25			26																51	2	51
42	Jeff Young													19	31							50	2	50
43	Josh Nisbett	30																		19		49	2	49
44	Alan Browne				25	24																49	2	49
45	Ollie Card		26									23										49	2	49
46	Colin Browne		23			22																45	2	45
47	James Dopson			25											20							45	2	45
48	Andrew Gorrie				12									1							30	43	3	43
49	Adam Haverley		21		20																	41	2	41
50	Michael Veale			13									24									37	2	37
51	Kevin Ives	18					18															36	2	36
52	Gavin Wright					14						20										34	2	34
53	Charles Atkinson						14					18		1								33	3	33
54	Simon Homer			11	16				4													31	3	31
55	Joel Eaton				30																	30	1	30
56	Phil Stevenson								30													30	1	30
57	Michael Priest								8			19		1								28	3	28
58	Alex Colwell						16		11													27	2	27
59	Ron Van Heuvelen	17		10																		27	2	27
60	Joe Norris											25										25	1	25
61	James Smith			24																		24	1	24
62	Phil Robinson								24													24	1	24
63	Tom Bell					21			2													23	2	23
64	Dave Dunstall													20								20	1	20
65	Sam Warren						19															19	1	19
66	Simon Newman														18							18	1	18
67	Jack Walsh						17															17	1	17
68	John Durrant																				16	16	1	16
69	Scott Charlwood					12																12	1	12
70	Martyn Blundell													11								11	1	11
71	Linday Stirton					10																10	1	10
72	Steve Harman								8					1								9	2	9
73	Adam Bryant													6								6	1	6
74	Damian Partridge								5													5	1	5
75	David Tye													3								3	1	3
76	Kevin Potter								3													3	1	3
77	Martyn Quigley								1					1								2	2	2
78	Phil Baker								1					1								2	2	2
79	Ali Batchelor								1													1	1	1
80	David Bradshaw								1													1	1	1
81	Gary New													1								1	1	1
82	Lewis Stevens													1								1	1	1
83	Luke Herrington													1								1	1	1
84	Nick Cox								1													1	1	1
85	Richard Acton													1								1	1	1
86	Richard Honeyman								1													1	1	1
87	Robert Boatman													1								1	1	1
88	Robert Ewen													1								1	1	1

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.

Sallie Magarrrr and the Terrifying Stile

Sallie Magarrrr had agreed to join the Pacey Walkers for a leisurely countryside stroll, but only after laying down a few ground rules. Having broken her arm a few weeks earlier while swimming in the sea, she was understandably cautious. “I’ll come,” she announced, “but only if I get to choose the route and set the pace.”

The other members readily agreed, although Ray Spiff, the group’s resident endurance fanatic, looked slightly disappointed. Ray believed that a walk wasn’t worth doing unless somebody finished it exhausted, preferably several miles from where they started.

The group set off along the road at Sallie’s carefully selected pace. For the first ten minutes, all was well. By fifteen minutes, Sallie was looking restless. By twenty, she had decided that road walking was for people who had given up on life.

Without warning, she veered off down a grassy track.
“Where are you going, Sallie?” called Jilly Tinskey, remaining admirably calm.
“Exploring!” replied Sallie, with the confidence of an experienced mountaineer who had never actually climbed anything.

Martini Rhubarb, speaking in his customary soft tones, suggested that perhaps they ought to check where the path led. Ray Spiff, meanwhile, was delighted. At last, something that might require a bit of effort.

Unfortunately, the track soon delivered them to a stile.

Now, a stile is an entirely ordinary countryside contraption designed to allow walkers to cross a fence. To Sallie, however, it resembled a medieval torture device constructed specifically to finish off people with broken arms.

She approached it cautiously, inspected the wooden steps and peered over the other side. Then she attempted to climb.

Things quickly deteriorated.
With one arm out of action, Sallie found herself in an awkward position, halfway over the stile, one leg on either side and absolutely no idea how to proceed. She froze.

“I’m stuck!” she cried.

Jilly remained calm. Martini offered some gentle words of encouragement. Ray suggested that if Sallie just pushed a little harder, she would be over in no time.

This was not the advice Sallie wanted to hear.

“PUSH HARDER? I’VE GOT A BROKEN ARM, YOU LUNATIC!”

Ray helpfully explained that he had once climbed a stile carrying a rucksack, although nobody could establish why this was relevant.

For several tense minutes, the Pacey Walkers gathered around the scene. Jilly offered reassurance, Martini quietly suggested a different foot position, and Ray continued coaching as if Sallie were attempting the final obstacle in an ultra-marathon.

Eventually, with a combination of careful manoeuvring, whispered encouragement and a few words that Martini politely pretended not to hear, Sallie managed to get herself safely to the other side.
She stood there, pale but triumphant, surveying her companions.
“Right,” she announced. “We’re going back by the road.”
Nobody argued. Not even Ray.

And so the Pacey Walkers returned to civilisation, having learned three valuable lessons: never let Sallie choose the route, never underestimate the dangers of a wooden stile, and never tell Ray Spiff that someone is struggling unless you want a motivational speech lasting longer than the walk itself.

Committee Contacts

Honorary Club Captain:
Martin Bulger

Chair: Victoria Maleski
info@seafordstriders.org.uk

Treasurer: Ralph Jennings
Assistant Treasurer: Karen Feast
treasurer@seafordstriders.org.uk

Club Welfare Officers:
Kate Parkinson, Kate Lewis
welfare@seafordstriders.org.uk

Club Secretary & Health and Safety Officer: Kay Crush
secretary@seafordstriders.org.uk

Membership Secretary: Leanne Pearce
membership@seafordstriders.org.uk

Event Directors

Mince Pie Race Director: Nick Farley

Mince Pie Race Deputy: Graham Jones
mincepie@seafordstriders.org.uk

Special Events Support: Julie Taylor
specialevents@seafordstriders.org.uk

Cross Country Representative: Josh Nisbett
crosscountry@seafordstriders.org.uk

Grand Prix Events

Club Grand Prix Coordinator: James Marron
cgp@seafordstriders.org.uk

Sussex Grand Prix Coordinator: James Marron
sgp@seafordstriders.org.uk

Communications Team

Social Media Representative: Chloe Herbert
socialmedia@seafordstriders.org.uk

Website Manager: Katherine Simmons
Press Officer: Julie Fannon
press@seafordstriders.org.uk

Newsletter Editors: Jo Robinson, Ray Smith
newsletter@seafordstriders.org.uk

Club Team Captains

Men's Captain: Jeff Young
Men's Vice Captain: Gareth Hutchinson
menscaptain@seafordstriders.org.uk

Women's Captain: Amanda Feast
Women's Vice Captain: Kathryn Warren
womenscaptain@seafordstriders.org.uk

Coaching and Training

Junior Coach/Leader: Emily Danvers
juniors@seafordstriders.org.uk

Track Coordinator: Anneka Redley-Cook
track@seafordstriders.org.uk

Couch to 5K (C25K) Organiser: Jeanette Wells c25k@seafordstriders.org.uk

LiRFs (Leaders in Running Fitness): Kat Chamberlain
lirf@seafordstriders.org.uk

Social Reps:

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

social@seafordstriders.org.uk

Mince Pie Ten

Save the date: Mince Pie 10

Sunday 6th December 2026

Striders: This is your annual call to volunteer

Striders know we don't take part in the event itself, instead we keep the date clear to marshal or take on other volunteer roles. It is a fabulous day for our club and the culmination of lots of hard work by Nick Farley and his fantastic committee/core team.

Please register to volunteer with Graham Jones
gmtdcjones@gmail.com

Festive outfits optional, enthusiasm essential.





Next Issue Deadline 10 December

Contact Jo and Ray

newsletter@seafordstriders.org.uk