

SEAFORD STRIDERS NEWSLETTER





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Into Winter

Right, running off the Christmas food, what a noble quest for the delusional! You lace up your trainers, belly wobbling with every move, stuffed full of turkey, pudding and at least three different kinds of cheese. Off you trot convinced this will undo the damage of a week spent eating like Henry VIII but ten strides in the stuffing kicks back, your legs feel like overcooked sprouts, and your heart's thumping like the drum solo from *In the Air Tonight*. Still you press on, fuelled by shame and those last six pigs in blankets you hoovered up at 3 a.m. But no matter how far you run mate, there's one thing you can't escape: yourself and that second tin of Quality Street.





Victoria Runs the Place

Happy New Year to you all!

For me January is a time to plan my running year and I'm sure lots of you have done this as well.

Planning your running year

There are so many events on offer it can be difficult to work out what is right for you. Those of you who have been running for a long time will know exactly what your running year will include, maybe choosing a couple of special challenges to aim for alongside your regular choices.

CGP & SGP

As a member of Seaford Striders you are encouraged to join in the Club Grand Prix (CGP) and the Sussex Grand Prix (SGP). These include events suitable all abilities and you are guaranteed that very special Striders support! You can find the dates for all these events in the Diary Dates section at the bottom of the weekly email.

Other local races

If you are looking for other local events then the Sussex Races website is a brilliant resource

<http://www.sussexraces.co.uk/sussexraceseventplanner.html>

It includes the links to all the events so you can go straight in to get more information.

Big Events

If you are looking to be part of a big city event then there is a lot to choose from although some are easier to get into than others. You may find you need to go into a ballot such as the London Marathon and the Great North Run (half marathon) but others you can just sign up providing you enter early enough Vitality 10k and the other Great Run events.

What distance?

Only you will know what distance will be right for you. If you are a new runner then considering a longer distance can be daunting. Some people say just book an event then you can train towards it, others want to know they can run the distance before committing. Do what feels best for you, but be prepared to be amazed at what you can achieve if you put the training in. Do check to see if there is a cut off time and have a look at the results from the previous events to see the range of runners who have taken part.

Talk to other Striders

Nothing beats talking with other Striders about the events they have taken part in. Some of us happily do the same events year after year and can let you know what to expect.

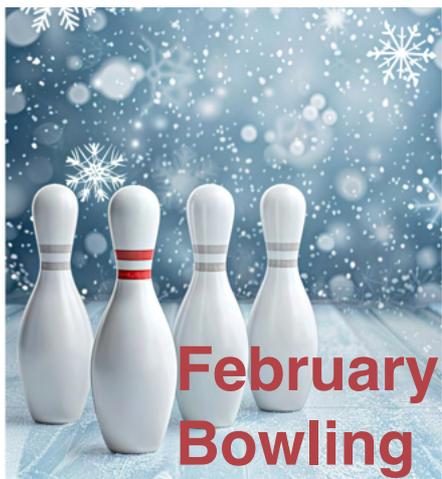
Events or races?

I have chosen to use the word "events" rather than "races" as for many of us it is just the taking part that counts, rather than the position we achieved. If we are racing then it can just be against ourselves to get a PB.

...and finally

Whatever you choose to do, remember to wear your Striders top with pride, keep smiling – you never know where those cameras are and Striders always seem to manage a sprint finish so keep some energy back for that. If taking part in events is not for you, that is fine, enjoy the social runs, they are an amazing part of being a Strider.

Upcoming Social Events



Club Records

Finally....

It is with great pleasure that I present the club age category records across various distances up to and including the marathon. Through extensive research, including internet searches, old newsletters, results websites, press releases, and Power of 10, I have aimed to compile an accurate representation of these records. However, this list is not exhaustive and may contain inaccuracies and missed results. By publishing these records I encourage all members past and present to review, challenge and submit updates or new achievements. The club records are maintained and verified by myself Ray Smith. For the top three times at each distance please visit the club website.

	SW	Time	Location/Event	Date	SM	Time	Location/Event	
5k	Katy Oxborrow	00:19:55	Rye Classic	15/07/2006	Ollie Sprague	00:15:41	Bushy Park P/R	31/08/2024
10k	Katy Oxborrow	00:38:47	Brighton	1994	Bob Eade	00:32:39	Chichester	1998
10 mile	Katy Oxborrow	01:03:06	Worthing	1994	Bob Eade	00:54:48	Worthing	1996
Half Marathon	Vicki Boyle/Clarke	01:27:59	Brighton	1996	Bob Eade	01:12:14	Brighton	1998
Marathon	Nicky Brenchley	03:09:43	London	2002	Ollie Sprague	02:37:13	Amsterdam	20/10/2024
	SV40				SM40			
5k	Erica Martin	00:19:50	Seaford Equinox	21/06/2023	Joel Eaton	0016:51	Seaford Beach P/R	24/12/2022
10k	Liz Lumber	00:42:20	Stratford	05/11/2011	Bob Eade	00:33:03	Chichester	01/02/1999
10 mile	Natalie Dawson	01:19:41	Rye	27/05/2012	Brian Tickner	00:56:01	Woking	01/05/1994
Half Marathon	Wendy Joy	01:30:40	Hastings	15/03/2009	Bob Eade	01:14:15	Barns Green	25/10/1998
Marathon	Liz Lumber	03:25:40	London	13/04/2008	Brian Tickner	02:37:54	London	18/04/1993
	SV50				MV50			
5k	Sam Alvarez	00:20:33	Seaford Beach P/R	13/01/2024	Simon Fletcher	00:17:16	Brighton P/R	06/09/2014
10k	Sam Alvarez	00:42:31	Newhaven	19/01/2025	Simon Fletcher	00:35:34	Brighton	16/11/2014
10 mile	Louisa Scola	01:24:56	Rye	25/05/2014	Simon Fletcher	00:58:13	Brighton	18/10/2015
Half Marathon	Sam Alvarez	01:37:31	London Battersea	05/01/2025	Simon Fletcher	01:17:52	Bath	13/03/2016
Marathon	Louisa Scola	03:57:09	Brighton	14/04/2019	Simon Fletcher	02:41:42	Yorkshire	09/10/2016
	SV60				MV60			
5k	Alison Househam	00:23:40	Seaford Beach P/R	20/11/2021	Dave Dunstall	00:18:47	Seaford Beach P/R	27/05/2023
10k	Hilary Humphreys	00:52:02	Chichester	08/02/2015	Dave Dunstall	00:39:07	Worthing	04/06/2023
10 mile	Hilary Humphreys	01:31:35	Haywards Heath	04/05/2014	Dave Dunstall	01:05:49	Portsmouth	16/10/2022
Half Marathon	Hilary Humphreys	02:01:30	Hastings	19/03/2017	Dave Dunstall	01:25:56	Copenhagen	18/09/2022
Marathon	Victoria Maleski	07:36:05	Beachy Head	22/10/2022	Simon Fletcher	02:53:13	Valencia	03/12/2023
	SV70				MV70			
5k	Hilary Humphreys	00:28:25	Brueton P/R	18/05/2019	Tony Cross	00:21:25	Eastbourne P/R	27/07/2019
10k	Sandra Standen	01:08:10	London Vitality	02/05/2022	Terry Ward	00:50:42	Hove	21/10/2018
10 mile	Sandra Standen	02:03:32	Portsmouth	15/10/2023	Leslie Magyer	00:89:09	Portsmouth	15/10/2023
Half Marathon	Sandra Standen	02:36:26	Brighton	23/02/2020	Leslie Magyer	01:54:48	Brighton	26/02/2023
Marathon	No entry				Leslie Mayger	05:00:10	Brighton	07/04/2024

First Claim and Non-Affiliated Members

Any first claim member or solely Seaford Striders non-affiliated member is eligible for a club record. There are no restrictions on the clothing worn or the team they represent during the event.

Second Claim Members

Second claim members may qualify for a club record if they meet the following criteria:

They enter the race as a Seaford Strider.

They do not wear the colours of their first claim club.

They participate in an event exclusively for Seaford Striders members.

Exceptional Circumstances

The Seaford Striders Committee retains the discretion to recognise exceptional performances or circumstances that may fall outside the above criteria.

Club Records

Below are club records for distances up to 3000m achieved at various meetings and during our own Striders track nights in Lewes. We hope to fill in the gaps this year by participating in more events.

	Men	Time	Location/Event	Date	Women	Time	Location/Event	Date
100M								
SM/SF	Alan Browne	13.69	Lewes	08/07/2024	Jennifer Williams	14:38	Lewes	08/07/2024
VM/VF40								
VM/VF50	Russell Hewlett	15:50	Lewes	08/07/2024	Jo Bruggenwirth	17:27	Lewes	08/07/2024
VM/VF60								
200M								
SM/SF	Dylan Jones(U17)	23:17	Crawley	11/06/2022	Jazz Dymott	34:30	Lewes	11/07/2021
VM/VF40								
VM/VF50	Gareth Hutchinson	33.71	Lewes	08/07/2024	Jo Bruggenwirth	37:02	Lewes	08/07/2024
VM/VF60					Victoria Maleski	50:48	Lewes	08/07/2024
400								
SM/SF					Jennifer Williams	01:16:73	Lewes	08/07/2024
VM/VF40	Alan Browne	01:06:67	Lewes	08/07/2024	Jemma Vile	01:24:10	Eastbourne	12/06/2024
VM/VF50	Gareth Hutchinson	01:16:25	Lewes	08/07/2024	Sam Alvarez	01:23:81	Lewes	08/07/2024
VM/VF60					Victoria Maleski	01:55:46	Lewes	08/07/2024
800								
SM/SF								
VM/VF40	Gareth Hutchinson	02:29:70	Lewes	12/6/2017				
VM/VF50	Ray Smith	02:44.03	Lewes	08/07/2024	Sam Alvarez	03:11:16	Lewes	08/07/2024
VM/VF60					Victoria Maleski	04:19:23	Lewes	08/07/2024
1500								
SM/SF								
VM/VF40	Gareth Hutchinson	04:49:09	Brighton	31/05/2017	Jemma Vile	06:11:20	Eastbourne	12/06/2024
VM/VF50	Gareth Hutchinson	05:32:48	Lewes	08/07/2024	Sam Alvarez	06:12:78	Lewes	08/07/2024
VM/VF60								
1 Mile								
SM/SF	Jamie Stenning	04:40:00	Seaford		Amanda Feast	06:00:48	Eastbourne	24/05/2024
VM/VF40	Gareth Hutchinson	05:20:20	Crawley	04/05/2017	Lynsey Millar	07:08:00	Lewes.	17/08/2024
VM/VF50	James Marron	05:22:96	Lewes	19/08/2023	Sam Alvarez	06:21:24	Lewes	18/03/2024
VM/VF60	Dave Dunstall	05:42:19	Lewes	19/08/2023	Alison Househam	09:08:20	Lewes	18/03/2024
3000								
SM/SF	Richard Impey	09:49:49	Worthing	18/06/2024	Anneka Redley-Cook	12:49:95	Lewes	08/07/2024
VM/VF40	Gareth Hutchinson	10:47:02	Lewes	04/07/2016				
VM/VF50	Austin Warren	12:00:14	Lewes	08/07/2024				
VM/VF60								

New club records this month

Sam Alvarez managed to improve her own VF50 records this month at the Battersea Half Marathon and Newhaven 10K.

Recent Results

Sussex XC League Ardingly 30/11/2024

47	Josh Nisbett (8K)	00:33:27
18	Alfie Batchelor (U15) (4K)	00:16:31

Mince Pie 10 08/12/2024

199	Nicola Samson	01:39:42
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Malaga Half Marathon 15/12/2024

2812c	Russell Hewlett	01:52:55
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Malaga Marathon 15/12/2024

3453c	Martyn Craddock	03:54:53 PB
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Portsmouth Marathon 22/12/2024

110	Aaron Pooley	03:41:13 PB
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Lewes Downland Santa Run 5K 22/12/2024

33	Alex Dawson	00:49:41
34	Kathryn Donkin	00:49:42
35	Tanya Dawson	00:50:36

Lewes Downland Santa Run 15K 22/12/2024

18	Steven Teale	01:25:48
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Clevedon AC Boxing Day 4 Mile 26/12/2024

321	Kristiane Sherry	00:29:47
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Rathfinny Xmas 10.4K 29/12/2024

6	Sam Alvarez	00:51:45
10	James Dopson	00:54:31
12	Matt Winton	00:56:03
13	Russell Hewlett	00:56:08
20	Ray Smith	00:59:10
21	Kathryn Warren	00:59:15
23	Alison Househam	01:02:32
25	Richard Househam	01:05:05
29	Stacey Pollard	01:07:26
31	Fiona Goodwin	01:09:24
33	Kathryn Donkin	01:11:17
34	Lauren Stallard	01:11:24
41	Jane Kemp	01:18:19
42	Debbie Priest	01:18:41
43	Gemma Watts	01:19:30
45	Seb Dopson	01:20:14
46	Lucinda Dopson	01:20:21
47	Hayley Cole	01:26:06
48	Jo Robinson	01:28:17
49	Julie Taylor	01:29:25
50	Judith Linsell	01:29:37
51	Lisa John	01:29:40
53	Lesley Lloyd	01:33:43
54	Tom Roper	01:39:07
55	Charlotte Lade	01:39:35

Darklink 10K 30/12/2024

66	Adam Haverly	
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Battersea Half Marathon 04/01/2025

259	Sam Alvarez	01:38:31
403	Russ Hewlett	01:47:06

Longbridge Backyard Marathon 17/01/2025 (Write up next month)

12	James Dopson	20 laps	83.40miles
15	Russ Davis	17 laps	70.89miles

Newhaven 10K

3	Ollie Sprague	00:35:21
8	James Marron	00:37:47
29	Sam Alvarez	00:42:31 cr
75	Stephen Ramsey	00:48:32
165	Ali Batchelor	00:59:08
181	Gavin Wright	01:00:22
182	Melissa Luckin	01:00:34
212	Kate Robinson	01:04:53
234	Louise King	01:07:34
239	Kate Parkinson	01:08:23

Brighton 10K

418	Sandra Standen	01:20:58
419	Jeanette Wells	01:20:59

Brighton 10M

542	Debbie Preist	01:45:01
565	Kay Crush	01:48:10

Seville Half Marathon

5578	Gareth Hutchinson	01:49:08
5580	Kevin Ives	01:49:10

South Downs Way & Arundel Marathon

39	Steven Teale	05:19:01
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For enquiries about results and club records, please contact
Ray Smith

newsletter@seafordstriders.org.uk



The Sunrise Crew



by Kathryn Warren

The alarm goes off at 5:30am, I can hear the wind blowing, the rain hitting the window and it feels like the middle of the night. But I crawl out of bed, drag my running gear and torch on and head out the door. Some people would say I'm mad, and in truth I do question my life choices as I head out into the darkness with the rain hitting my face and battling into the wind! But as I approach the seafront and head down towards Splash Point the comforting sight of head torches in the distance reminds me why I do this. Meeting 'the crew' for a run at this ungodly hour is what it's all about!

For me the morning run is far more than just a run, it's therapy, you are having a good week or a rubbish week, you can guarantee that after a half hour trot to the sailing club and back, whatever is getting you down or stressing you out is put to bed after the jovial chit chat we have on these runs. The company of like-minded people who know each other so well and are here to support everyone through their runs and the craziness that is life is what means the most. They are not just friends, they feel like family, seeing each other at our best and worst! Some mornings its very chatty with lots of laughs sharing our weekend antics, recent races, booked races, coming plans or general gossip.

Other mornings there is less chat, we are tired and it's just a case of getting the miles done.



But no matter how tired, low and done with life I feel when I first meet the gang, I always feel amazing and so much more positive at the end of the run. My mood is lifted and I'm set up ready to tackle my busy day. Some mornings there are 8 or more of us, some mornings only 2, you never know how many it will be but you can guarantee there will be someone down at Splash Point at 6am ready to run and put the world to rights!

We call ourselves the Sunrise Crew which is funny because for a large part of the year there are no sunrises to be seen! Whether it's too early or too cloudy! It's more the Pitch Black Crew! But those mornings when the sun does rise during our jaunt along the seafront, it is something quite magical. Watching the dawn colours on the horizon develop into a beautiful sunrise with the start to another day is a further reason why I love running with the morning crew. And even better, we are heading towards the lighter mornings, we have gone past the turning point so the sunrises will get earlier, the days longer and the weather warmer. And a sea dip after our run will be on the cards! Unless you are Lisa and Russ who will merrily take a dip in January when its -1 degrees!

The Sunrise Crew is open to all, it may seem alien and slightly mad to be getting up at silly o'clock but I promise you that you will never regret getting out that door to run with this truly awesome gang!

Spotlight on a Strider



Aneka Redley-Cook

Hi, Most of you may know me, but for those who don't I'm Aneka. I'm mainly known for my spectacular running photos and have recently taken over as track coordinator.



How long have you been running?

I've been on my running journey for longer than I care to remember, starting athletics back when I was a wee 10 year old tearing up the track for Crawley AC. I was born and bred in Crawley (and one of the few people who isn't ashamed of that!) but moved to Peacehaven back in 2015 after meeting my now husband Adam at work and moving in with him (a Peacehaven native). I'd always had an active social life, and after moving away from friends and family and experiencing the *soul crushing* commute to Crawley 5 days a week I decided I needed to find a hobby and friends nearby! So, I joined Striders back in 2016 which was the best decision! I was still a keen runner, as was Adam, but after I joined Striders my love for running really elevated. I've made lifelong



friends and get to share the highs and lows of running with like minded people. Plus, it's amazing to run such beautiful routes amongst incredible scenery! Now in 2025, I've completed many races for Striders, run in several different countries, PB'd, got married, moved to Eastbourne, been injured twice, and had a gorgeous little baby girl called Indie.

What is your favourite race/distance?

I personally love a half marathon- not too fast and not too far. It's a run you can settle into! I love Brighton

Half as the atmosphere is always electric and Beachy Head half for the scenery and challenge. The Mid Sussex Marathon is a super event which I'd recommend to anyone, along with the Sunday league XC – all ridiculously silly courses but not too serious!

What are your interests outside of running?

I'd love to say I have a niche, cool hobby, but I'm afraid my interests are just the usual suspects! Chocolate, cheese, food in general, going out with friends, enjoying a good few rums (it's all about balance right?) and travel. I've worked in the travel industry for over 10 years now and am lucky enough to have been to some amazing places. I went backpacking at 18 to Thailand, Australia, NZ, Fiji and LA (did all the cliché stuff like surfing, sky diving, bungee jumping, and a hell of a lot of drinking) which really ignited my passion for seeing the world. Since then, I have been lucky enough to visit more fantastic places in Europe, Asia, the Indian Ocean, the Caribbean, South Africa and USA. Of course, there are plenty more places on my bucket list such as Iceland, Canada and possibly South America though this is all on hold whilst we raise our growing family!



Any words of wisdom?

Comparison is the thief of joy! Don't worry about what everyone else is doing, just focus on your own running journey. Everyone has different reasons to run, whether it be fitness, getting mega PBs and fast times, for mental health, to be in nature, to socialise, to prove to themselves they can do hard things. At the end of the day, running is just a hobby and ultimately should be fun! We are a community, and nobody's journey is any less superior so **enjoy the ride!**



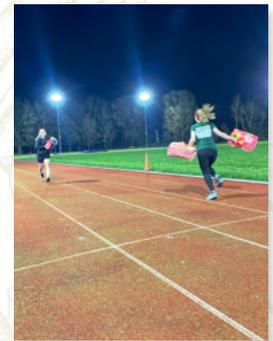
Track Festive Relays

By Katherine Simmons

Pictures by Matt Winton

There was festive fun and games aplenty at the track session before Christmas. And so much fun was being had that barely anyone recorded any of it on Strava....

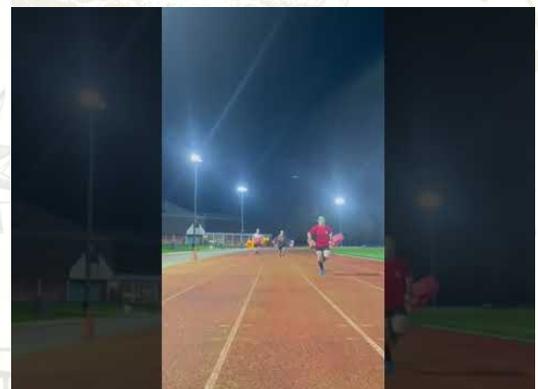
After a warm up to festive music, leader Gareth put the runners into mixed ability teams for the relays, which were based on popular festive games.



Thank you Gareth for a brilliant evening – and Striders for an evening full of laughs!

The relays weren't just about which team could run the fastest – score a bullseye by throwing a snowball at your team mate before you can run, test your grey matter by answering a Trivial Pursuit question correctly and your team's collective knowledge of popular culture with charades.

The tinsel relay tested endurance and team spatial awareness on the track, while poise and balance were key in the 'don't spill your pint' game. My particular favourite was the dashing to the shops with a Bag for Life relay - surprisingly hard on the return leg and great fun to watch!



Click & Press play to watch video

Would you like to be a LiRF?



If you are unsure what this is, LiRF stands for *Leader in Running Fitness*.

Seaford Striders need leaders to enable club runs to always go ahead. Leaders are LiRFs trained by UK Athletics. The club will pay for the self led online training course and support you on your journey, which is a really interesting and fun experience.

You will be taught how to plan and safely lead a run, including warm up and cool down.

Leaders can most definitely come from all ability groups!

If you would like any further information or would like to put your name forward, please email me at lirf@seafordstriders.org.uk

Jeanette Wells

Mince Pie 10

Sunday 8 December 2024

What Storm?

Storm Bert was in town but hadn't completely swept in. WE WERE ON!

It was a mild morning, with a temperature of 7°C and some wind. We arrived to set up at 8am, full of excitement and slight nervousness as we unpacked the Mince Pies and added the finishing touches to the set up.

With historical data proving on the day no shows were consistent, we increased the number of entrants once again to 700 and closed the race in record time with lots of interest. Once more, the race sold out quickly again, proving how popular this race is!

The last signage for the course, organised by Josh Nisbett and club supporters, was put into place. Nice Work set up the start line for the chip timing. The hall and goody bags were prepared and pre filled the day before to make event day as easy as possible.

With our committed intent to support the environment and sustainability wherever possible, we invited Pair Up's, represented by Darren Evans, to form a kit swap shop, allowing runners to donate and share unused sports kit to help reduce unnecessary production. The stand was fuller than ever, as more and more runners understand the need to reduce kit production. Strider marshals began arriving with armfuls of bakes, cakes and biscuits for our charity cake stall.

Jeff Young, with a team of crack commandos, organised the car parking and sprang into action shortly after 8.30 am, as it's a very tight squeeze fitting all the runners' vehicles fitted into the surrounding industrial estates.

Graham Jones briefed all the



marshals, some of whom were volunteering for the first time, and ensured they were going to be in the correct place. Each marshal had an individual file containing a specific route map with their marshal point, a What3Words location, a foil blanket and new sleigh bells to ring out.

Our chosen charities East Sussex Vision & The Youth Counselling Project arrived to set up table displays with charity information.

Christmas music played out as participants began to arrive. They had the opportunity to place their baggage in safe storage and gradually the hall filled with the runners, many in amazing fancy dress. Santas, reindeer, stars, snow people and even a Christmas tree!

The First Aid team and SERV (who help control the traffic with their bikes) were briefed, along with the Race Adjudicator. Due to postal strikes we were challenged with the reissue of numbers which caused a 10 minute delay to the start. Mark from NiceWork pulled it out the bag to get the runners bibbed up. Notification was given for the runners to begin assembling at the start outside the front of the Leisure Centre for a warm up with Sarah from Gingerfit.

After my briefing, the high spirited, highly charged runners were set on their way with a Thunderbirds countdown from 5 -1 on Nick's (MC) speaker, followed by an air horn sounded by myself.

As the runners set off and all went quiet, we got into action with Nice Work moving their chip timing & Nick (MC) moving his speakers and mic equipment to the finish behind the Leisure Centre. The water station and medal table were quickly set up.

Before we knew it, the first WhatsApp notification came in, thanks to Tom Roper, just before mile 7 informing us that the first runner was through in good time. So it was back to action stations for all the hall helpers. Shortly after 12 noon, our first male runner, **206, Jake Forrest (Brighton & Hove)**, crossed the line, in a fantastic time of **1:04:45** a new course record! The 2nd, 3rd, 4th, and 5th male finishers followed within 6 minutes.

Then our 1st Lady came flying into site. **No7, Victoria Alikhan (unattached)**, powered to the finish and also set a new course record in a time of **1:14:23**. The 2nd, 3rd, 4th, and 5th female finishers followed within 4 minutes of the winner.

As more and more runners finished, the hall began to fill up again and the cake stall was bustling with hungry runners topping up on their sugar levels. This year we had the benefit of a contactless card machine again this year and so we saw an uptake in more delicious homemade bakery lines.

With the weather as cold as it was, our **Mince Pie 10 merch buffs** were selling with all profits going to this year's chosen charities. There were handcrafted crochet items available too, courtesy of our Striders Karen & Amanda Feast.

Presentations were made to the first five male and female finishers along with the team with the most runners. This year **Rogue Runners** were crowned the winners, arriving en masse once more!

There were **515 finishers**.

Results

1st Male	Jake Forrest (Brighton & Hove) 1:04:45 NEW COURSE CR SET
2nd Male	Jamie Signy (Pheonix) 1:05:24
3rd Male	Ziad Wattar (Brighton & Hove) 1:07:31
1st Female	Victoria Alikhan (Unattached) 1:05:39 NEW COURSE CR SET
2nd Female	Claire Lockwood (Meads Runners) 1:16:33
3rd Female	Geraldine Moffat (Portslade Hedgehoppers) 1:17:23

Already this week, I've received emails of thanks and congratulations on a superb event. Compliments to the marshals for the amazing encouragement and professionalism out on course.

A massive thank you to the **Mince Pie Committee members (My Squad)** who have been working hard for many months to ensure everything ran smoothly on the day and to everyone else who marshalled or helped. This event really could not go ahead without your support.

Here's to next year!

Sunday 7th December 2025 (provisionally)

Nick Farley
Race Director, Mince Pie 10



COMMITTEE

The Seaford Striders Committee is a dedicated team of volunteers committed to guiding and supporting our club. If you have any questions or need assistance, don't hesitate to reach out using the contact details below.

Seaford Striders Club Leadership

Chair: Victoria Maleski

✉ info@seafordstriders.org.uk

Treasurer: Ralph Jennings

Assistant Treasurer: Karen Feast

✉ treasurer@seafordstriders.org.uk

Club Welfare Officers: Kate Parkinson, Emily Danvers

✉ welfare@seafordstriders.org.uk

Club Secretary & Health and Safety Officer: Kay Crush

✉ secretary@seafordstriders.org.uk

Membership Secretary: Leanne Pearce

✉ membership@seafordstriders.org.uk

Event Directors

Mince Pie Race Director: Nick Farley

Mince Pie Race Deputy: Graham Jones

✉ mincepie@seafordstriders.org.uk

Special Events Support: Julie Taylor

✉ specialevents@seafordstriders.org.uk

Cross Country Representative: Josh Nisbett

✉ crosscountry@seafordstriders.org.uk

Grand Prix Events

Club Grand Prix Coordinator: James Marron

✉ cgp@seafordstriders.org.uk

Sussex Grand Prix Coordinator: James Marron

✉ sgp@seafordstriders.org.uk

Communications Team

Social Media Representative: Lauren Stallard

✉ socialmedia@seafordstriders.org.uk

Website Manager: Katherine Simmons

✉ press@seafordstriders.org.uk

Newsletter Editors: Jo Robinson, Ray Smith

✉ newsletter@seafordstriders.org.uk

Club Team Captains

Men's Captain: Jeff Young

Men's Vice Captain: Gareth Hutchinson

✉ menscaptain@seafordstriders.org.uk

Women's Captain: Amanda Feast

Women's Vice Captain: Kathryn Warren

✉ womenscaptain@seafordstriders.org.uk

Coaching and Training

Junior Coach/Leader: Emily Danvers

✉ juniors@seafordstriders.org.uk

Track Coordinator: Anneka Redley-Cook

✉ track@seafordstriders.org.uk

Couch to 5K (C25K) Organiser: Charlotte Lade

✉ c25k@seafordstriders.org.uk

LiRFs (Leaders in Running Fitness): Jeanette Wells

✉ lirf@seafordstriders.org.uk

Social Team

Social Reps:

Adam Haverly

Ray Smith

Kat Chamberlain

Jo Robinson

Jeanette Wells

Graham Jones

✉ social@seafordstriders.org.uk

Dos Amigos en Malaga

Martyn Craddock

In one of life's more surreal moments, someone once said, "If you are a hallway rug, you will become a runner. If you are 1980s train, you will become a sprinter. Instead I was a snicker, and I became a marathoner."

Heeding this utter Picasso-esque nonsense, two of Seaford's finest Striders boarded planes to Malaga, the birthplace of Pablo himself, to do a big Spanish run in the winter sun.



With two days rest and relaxation before the big race day, Russell 'Paco Rabanne' Hewlett and Martyn 'El Cid' Craddock, set out to enjoy the historic city of Malaga, bedecked with its spectacular Christmas lights, and thronged by thousands of Malaguitas. After collecting their race numbers and packs, they headed for the

famous Casa de la Guardia to sample just one or two Pedro Ximenez and Vermuts. Further fortified by tapas and the sounds of flamenco drifting through the ancient cathedral streets, their nervous anticipation was building.



The next day, filled with Madeiran 'sexy' bread from the bakery next door, they headed off on electric hire bikes to nearby Torremolinos. Sipping black coffee in a Mediterranean beachfront café on a warm sunny mid-December morning; You get the scene.

They toured round taking photos of the quite stunning brutalist architecture of Torremolinos, before returning to Malaga to rest their legs.

Sunday race day was here. After a short walk, our twosome arrived for the 8.30am start to the Malaga Marathon and Half Marathon. It was not quite sunrise and the temperature was a cool 9 degrees. Martyn's 'lucky porridge breakfast' was working wonders. Could he do his first sub-4 hour marathon? Could Russell survive his half marathon without further injuring himself.

Martyn went off like one of Nelson's cannon at nearby Trafalgar, running along the gorgeous coastal city roads and reaching the halfway point well ahead of schedule in 1h50m. Catching the 3h45m pacer was probably a bit daft, and things began to hurt around mile 20. But channelling the conquering spirit of El Cid, the determination of Christopher Columbus, and the steeliness of Miguel Indurain, Martyn's final efforts through the warm crowded city plazas saw him finish in 3h 54m. ¡Fantástico!



Greeting him on the finish line, our very own Russell, who had sailed round his half marathon like a Spanish galleon at full mast on a beam reach in 1h 53m. ¡Heroico!



With aching limbs and proud hearts, our two travellers enjoyed more local delights and sights. They drank the lager in Malaga. They learnt the words to Feliz Navidad. And they may have had one or two more sherries. Who knows? Dios nos vigila.



Gracias Pablo. Gracias Arantxa. Gracias Placido. We're off to sunny Spain again... Espana por favor!



Awards Ceremony

Club Captain's Award

To one man and one woman who have put a great amount of effort into their running during the year, improving but not necessarily winning races.

Your comments

It's been a big year for her as she so bravely underwent surgery. As soon as she was able to she was doing her bit volunteering for Seaford Parkrun in various roles. When she was ready, she was tail walking it. Now, her confidence has grown so much through her volunteering. She has recently volunteered as race director. On her first occasion in the largest volunteer role the megaphone didn't work. What could have absolutely thrown some didn't falter her at all and she did the most amazing job.

Woman: **Katherine Simmons**



Your comments

Mr. Seaford Striders. He has time for everyone and supports everyone. He gets involved with everything: track, WNS, Club GP, socials, etc. A stalwart for the club and he embodies everything good about Seaford Striders.

Man: **Ray Smith**

WNS Group Awards

Poverty Bottom

An amazing group member who regularly turns out and encourages others.

Winner: **Alan Browne**

Splash Point

A stalwart participant in the group but a very social asset to Striders as a whole. He has improved dramatically and set some very good PBs this year. A joy to be around.

Winner: **Matt Winton**



Beachy Head

The definition of grit, determination and quiet excellence. Often flying under the radar, he's one of the most admirable and hardcore runners in the club. This year alone he achieved feats most of us can only dream of. In September, just 3 weeks after an operation and still wearing a wound drain he completed a 100k ultra at the incredible age of 61. A true veteran. He also completed Brighton Marathon, Run to the Sea, Beachy Head Marathon and numerous other events. Fantastic performances in the CGP as well. He's the epitome of consistency turning up every Wednesday night to pump out the miles regardless of whether he has a big event coming up or has just finished one. Outside of running Pete is a hardworking diligent individual who quietly applies the same steadfast attitude to his training. What truly sets him apart is his dignity and humility. Despite his achievements and competitive spirits he remains ego free, modest and approachable – qualities that make him not only a great runner but a genuinely great person

Winner: **Pete Jaques**



Seafront

A regular since the group began, she did c25k a while back. It is very rare that she misses a week and is always chatty to old and new members. Happy to be a back marker and always happy to be out running.

Winner: **Katie Fox-Harper**

Bo Peep

A lovely person who is a valued member of the group. What a fantastic club representative she was at London Marathon.

Winner: **Debbie Priest**



High & Over

A quiet unassuming runner whose confidence continues to grow. Great to see her taking part in events. Regularly turns out on Wednesdays whatever the weather.

Winner : **Kathryn Donkin**

Awards Ceremony

Steve Rowland Cup

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

Nominations – Jo Robinson, Emily Danvers, Ray Smith, Joel Eaton, Steven Teale, Victoria Maleski, Kay Crush, Josh Nisbett, Julie Taylor, Ralph Jennings, Nick Farley, Lisa John, Katherine Simmons, Darren Evans, Amanda Feast, Adam Haverly.

Your comments

A superwoman who gives so much time to Striders both at Juniors and behind the scenes as a Welfare Officer. Her hard work, ideas and passion for making Juniors the amazing community that it is is massively appreciated by all of the Junior coaching team, our Juniors and their parents. Her achievements include organising the first Junior Awards since 2017 and helping introduce improvements to the way Juniors are integrated into Striders social events which has resulted in a huge increase in Junior participation within them. Juniors has always been a fun part of the Club but she has really helped raise our profile!



Winner: **Emily Danvers**

Bill Young's Memorial Award

To one man and one woman who regularly runs for the Club but never wins, they may be a mid-field runner or someone who is often the last Strider home in races.

Nominations – Sandra Standen, Jo Robinson, Martyn Craddock, Pete Jaques, Katherine Simmons, Leanne Litster, Jeanette Wells, Richard Preece, Bronwyn Clare, Gary New, Ray Smith, Sue Curtis, Zingy Thetho, Rachel Byrne, Jill New, Les Mayger, Charlotte Lade, Matt Winton, Dave Dunstall, Ron van Heuvelen, Justine Ridgway, Ralph Jennings, Kay Crush, Tom Roper.

Your comments

He is constantly representing the club, making everyone proud. His parkrun times are constantly impressive but he also shines in the longer distances too, recently completing the Beachy Head half getting a course PB. As fantastic as his running is, the reason I am nominating him for this award is that he's doesn't place and therefore doesn't win titles, yet he still keeps going and going, achieving and achieving. Last year, he placed 4th in the Club Grand Prix, the worst

place to finish! This year, he has worked so hard again.

He has continued to quietly excel as a Strider. He drums up motivation for other Striders to join in Parkrun tourism, which is great to promote. He regularly finished top of his age category in the many races he does, whether it's Parkrun or all the Club Grand Prix events – he is one of the few that does nearly all of the events. His additions to the Striders Newsletter has been entertaining and very informative, notably the Brocken Hurst write up!

Man: **Richard Preece**

Your comments

For taking part in her first marathon at Brighton with two weeks of training and absolutely smashing it. As a LiRF as well as being a regular run leader for her group, she has regularly been the first to volunteer to help out other groups when their usual leaders have been unable to run

Woman: **Leanne Litster**

Ultra Award

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

Nominations - Joel Eaton, Zingy Thetho, Bryony Clarke, Kathryn Warren, Adam Haverly, Pete Jaques, Kevin Pryde, Dan Axson, Steven Teale, Aaron Pooley, Emily Danvers

Your comments

for her amazing ultras including Rat Plague 100K, South Downs Way 100 mile, Centurion 50, Beachy Head Ultra. Her special achievement award is long overdue and she consistently pushes herself to the limit. for being the first female Strider to take part in 100 miles, her commitment and the way she makes it look easy is inspiring. Came back from the abyss to finish. The ultra queen!



Woman: **Bryony Clarke**

Awards Ceremony

Ultra Award(cont)

Your comments

Wendover Woods, Chiltern Wonderland 50m, North Downs 50m, South Downs Way 50m and 100m. He has been absolutely inspirational this year. Accomplishing the Centurion Grand Slam was incredible and setting the club record in the 100 miles in under 24 hours. For taking part in the Centurion Grand Slam he did 4 50 milers and a 100 mile race and still got up for work the next day. His commitment to his running is admirable and I find him an inspiration. Always amazes me with his crazy ultra efforts. He seems to keep so quiet and humble about them and just delivers without any fuss. He's always smiling even though he is in the middle of completing a gruelling distance. How he manages to train for these events whilst being so involved in the bonfire society, bringing up two gorgeous children along with his lovely pooches, I'll never understand!

Man: **Adam Haverly**



Marathon Award

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

Nominations – Matt Clare, Ollie Sprague, Lisa Parkinson-Bunce, James Dopson, Les Mayger, Kathryn Chamberlain, Leanne Litster, Pete Jaques, Lauren Stallard, Steven Teale, Ollie Card, Bronwyn Clare, Chiara de Corgi, Emily Danvers, Debbie Priest, Lucinda Dopson, Kevin Tant, Lindsay Tearle, Austin Warren, Martyn Craddock, Darren Wymer.

Your comments

Now holds the club record for the Amsterdam marathon and we are all very very proud of him. For breaking the clubs longest standing record. Great to see him bounce back from previous disappointments and run the race we all knew he was capable of. 2:37:12. Enough said.

Man: **Ollie Sprague**



Your comments

For such an amazing first marathon. Completed her first ever Brighton marathon and made it look easy.

Woman: **Lauren Stallard**



Half Marathon Award

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

Nominations – Lauren Stallard, Fabian Eason, Sue Curtis, Ollie Sprague, Joel Eaton, Jeanette Wells, Darren Wymer, Dave Dunstall, Sam Alvarez, Judith Linsell, Kay Crush, Hazel Tarrant, Rosie Neill, Matt Clare, Amanda Feast, Ron van Heuvelen, Phill Stevenson, Lisa John, Katherine Simmons, Martyn Craddock, Kathryn Warren, Debbie Priest.

Your comments

For her half marathon every month for the year. Phenomenal and such an inspirational lady who never gives up even when life is incredibly hard. 12 from 12 and a sub 2 hour. One a month is epic! There was only one female who I could nominate for this, despite there being some incredible female half marathon efforts this year, blew me away when I learnt that she was completing a half marathon every single month in 2024. That's an amazing goal and she's done so well working her way through them every month.

Woman: **Sue Curtis**



Your comments

His performance at the World Masters Half Marathon Championships in Gothenburg, Sweden was impeccable! Running just over 1hr 30mins, he helped team GB gain the silver medal. Dave just keeps getting better!

Man: **Dave Dunstall**



Awards Ceremony

10k Award

To an individual/individuals who have stood out at this distance.

Nominations – Jeanette Wells, Russ Hewlett, Sam Alvarez, Josh Nisbett, Kathryn Warren, Rachel Byrne, James Marron, Lisa Parkinson-Bunce, Paula Tiller, Jo Robinson, Kay Crush, Paul Swinnerton, Gary New, Sandra Standen, Anna Tait, Katherine Simmons, Debbie Priest, Austin Warren, Richard Preece.

Your comments

Not only does he always excel in Cross Country, but he has had some stellar 10k's this year. He was the leading Strider at the Arundel 10k (6th overall) and finishing 10th at the tough Heathfield 10k in well under 40 minutes. Great performances! a ridiculous run at Crowborough. Probably the toughest 10k in Sussex

Man: **Josh Nisbett**



Your comments

For Hove 10K. She has been getting stronger and faster and was instrumental in setting up the Sunrise crew. For her brilliant progression.

Woman: **Kathryn Warren**

Tom Roper 5k Award

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

Your comments

is a regular participant and volunteer at her local Parkrun, and she has been wanting to improve. Since she joined the Striders Couch to 5k, she has continued to excel and improve, and it's a joy to see.

is such a lovely person who has tried very hard and is making so much improvement. One to watch.

Woman: **Sarah McDermott**



Your comments

After completing C25k he has really progressed. Very happy to enter into the spirit of being a Strider – great fancy dress. Has become a valued regular High & Over Group member.

Man: **Alex Dawson**



Track Award

To one man and one woman who have excelled at Track

For his consistency throughout the year and his inclusivity through his regular offers of lifts.

Man: **Austin Warren**



For her training consistency throughout the year and her positive attitude

Woman: **Jenny Hunter**



Special Commendation

To recognise aspects of success not covered by other awards.

Les Mayger – he has surprised us all by bouncing back from injury, entering races and regularly churning out half marathons around the estuary.

Gill Morgan – a lovely High & Over group member who went above and beyond to save someone who was on the verge of ending his life.



Awards Ceremony

Triathlon Award

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

Nominations – Jennifer Williams, Jill New, Emma Cooper, Karen Feast, Russ Hewlett, Justine Ridgway, Rolando Hutchinson, Simon Coppard, Erica Martin, Jeff Young, Sue Leppard.

Your comments

Documented her first ever triathlon as tri, tri, tri again and she succeeded indeed. Such tenacity and a wonderful Strider.

Completed her first Olympic distance tri. But not happy with how it went, went and smashed out another one the weekend after.

Bounced back from a tough Hove Triathlon (in her words), to excel in the Reading Triathlon and finishing 15 minutes faster than her Hove effort. Her tenacity with juggling the intense triathlon training and taking care of her lovely boy Spencer is inspiring to see.

Woman: **Jen Williams**

Your comments

Simon had a great race representing team GP at the European Triathlon Championships in Vichy, France. Even though he crashed twice on the bike, he picked himself up and finished super strong on the run! He said he felt battered and bruised, but loved the experience. Inspiring.



When I participated in a triathlon this year that really didn't go to plan, one of the only things getting me to that finish line was passing Simon every lap, who encouraged me beyond belief. That really helped me complete it. Simon has had achievement after achievement in this event this year, the highlight being selected to represent GB in age category. He must have felt so proud. During this event, Simon slid off the bike twice (in wet conditions) yet still completed it. I just think he's incredible.

Man: **Simon Coppard**

Want more pictures of the awards night?

Click here

<https://www.flickr.com/photos/raysfotos/albums/72177720323160580>

Club Grand Prix

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



Men: 1st **James Marron**



2nd = **Jeff Young & Austin Warren**



Women: 1st **Sam Alvarez**



2nd **Joanne Bruggenwirth**

3rd **Leanne Litster**

Awards Ceremony

Newcomer Award

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

Nominations – Andrew Lade, Simone Amos, Sarah McDermott, Matt Winton, Stephen Marsden, Lucinda Dopson, Rosie Neill, Anna Tait, Lizzy Miles, Jo Bruggenwirth.

Your comments

A good egg. A breath of fresh air for the club. He has such an enormous personality and is constantly entertaining us all. He's so easy to talk to that even when he was brand new, it felt like he'd been a member for years. Aside from his infectious personality, he also works incredibly hard when it comes to his running. He is a regular on WNS and constantly seen at parkruns, but his 6am efforts make him stand out the most, being a persistent member of the sunrise runs. He also recently completed Brighton and Hove 10K and achieved a superb time, which was pretty much double his parkrun PB. He also represents as a Strider dad, having two gorgeous junior Strider children, Kitty and Tilly, who clearly have

their dad as a good sports role model although he'd better watch out because Kitty might just be outrunning him soon.

Man: **Matt Winton**



Your comments

Has been a great addition to Team Striders. Great enthusiasm with group running and a joy to see at events. She was an awesome addition to the Striders SDW Relay team. Such a lovely addition to the Strider family and a superb runner too!

Woman: **Lizzy Miles**



Dragonfly Award

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

Nominations – Julie Taylor, Margaret Osborne, Paula Tiller, Amanda Feast, Colin Browne, Trevor Jones, Tom Roper, Ralph Jennings, Katherine Simmons, Karen Feast, Joel Eaton, Jill New, Jane Waterman, Ron van Heuvelen, Nick Farley.

Your comments

Not running hasn't stopped her from being a super Strider - she's supported other Striders through the walking recovering group, introducing new runners to track and helping out every week with our Junior Striders

Woman: **Margaret Osborne**



Your comments

so well thought of in the club. He is dedicated to track and has also taken the time to do 121 sessions where he donated proceeds to charities and arranged strength training sessions. He promotes running to all abilities and he will be greatly missed when he stands down.

Man: **Joel Eaton**



Awards Ceremony

Striders' Strider Award

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

Nominations – Ralph Jennings, Joel Eaton, Jo Robinson, Nick Farley, Jill New, Ray Smith, Julie Taylor, Steven Teale, Adam Haverly, Jeff Young, Sandra Standen, Tom Roper, Debbie Priest, Kay Crush, Emily Danvers, Ollie Sprague, Josh Nisbett, Jeanette Wells, Amanda Feast.

Highly dedicated to Striders, serving as a newsletter and social committee member, photographer, marshal, and results coordinator. He gives lifts to track sessions and races, attends every event and is completely committed to the club. He has crewed for Bryony in the Ultra and volunteered at every water station (some in fancy dress) and backyard event. He hosted Thirsty Thursday, planned and orchestrated the Scavenger Hunt and wears awesome suits!

For your contribution to making Striders such a brilliant, fun club through both the social committee and for your hard work putting together the newsletter, which is always a fantastic read. And for painstaking attention to detail in making sure our club records are up to date.

For efforts on the Newsletter, Social team, representing the club at CGP, SGP, and Parkrun, and volunteering at every opportunity.

I know that so many people make Striders happen, and so many people deserve this award, but for me, it belongs to these people this year. They have taken over the newsletter and I can't even imagine how much time this takes. They had big shoes to fill, as Bronwyn did an excellent job before them, but with their two heads, they manage to produce an exciting read every edition, with such fun little extras in it. They are on the social committee and make social evenings really fun. Being on the committee means that often they are running events rather than participating in them, which shows complete selflessness. They even opened their garden up to a Thirsty Thursday!

They are so lovely, entertaining, friendly, and put so much into running and training.

Winners: Jo Robinson & Ray Smith.



We were joined by representatives from our charities...

East Sussex Vision Support – Chief Executive Daniel Brookbank & husband Peter Dryden

Youth Counselling Project – Trustees Diane Locke & Myriam Otoide

...each charity was presented with a cheque for £3,000.



Battersea Park Half Marathon

Battersea Park Half Marathon A Success Despite Freezing Temperatures

January 4, 2025 – Battersea Park, London

Russell and I, plus 1,022 other slightly unhinged individuals, took on the bone-chilling cold on January 4th at the oh-so-scenic and pancake-flat Battersea Park Half Marathon.

It was a glorious 8.75 laps of the park—a perfect course for anyone hunting down a personal best, chasing a competitive time, or just looking for a gentle (*ha!*) kickstart to the new year.

Having spent the Christmas period enthusiastically “fuelling” ourselves (read: overindulging), we had absolutely no clue what times we might pull off. To avoid any rookie errors (read: me going out like a startled hare or Russell taking a Sunday stroll), we both started with pacers. I stuck with the 1:40 group for 7 miles before going full turbo to finish in 1:37:36. I’m thrilled with that—especially since Ray confirmed it’s a club record for a V55 female! 🎉

Meanwhile, Russell started at the back of the 1:50 group and cruised to a 1:43:22, claiming it felt “fairly easy.” (Right. Clearly, someone needs to up their game!)

Here’s why I’d wholeheartedly recommend this event to my fellow Striders:

- 1. Location, location, location!** It’s right next to the jaw-dropping Battersea Power Station, with its fabulous architecture, chic shops, and delicious restaurants—not to mention the fabulous Art’Otel where we turned it into a mini staycation.
- 2. The course is fast, flat, and lap-based.** Yes, laps! A controversial choice, but I think they help the miles fly by (plus, you get to repeatedly high-five spectators).
- 3. Pacing groups galore.** If you’re like me and don’t wear a watch (thanks, techno-phobia and squinty vision), it’s a lifesaver to have someone else do the timekeeping.

All in all, it was a fantastic day. We’d absolutely love to do it again next year—preferably with a larger gang of Striders to share the fun (and the suffering)! 😊



Written by Sam Alvarez (with zero help from Russell Hewlett!)

Club Grand Prix

The Club Grand Prix is a year long competition within Seaford Striders aimed at engaging members in a friendly and inclusive way. It is open to all senior club members regardless of their speed or running ability.

For information about the Club Grand Prix,
please contact James Marron. [✉ cgp@seafordstriders.org.uk](mailto:cgp@seafordstriders.org.uk)



2025 Club Grand Prix Races



Club Grand Prix 2025 Schedule				
No.	Event	Date	Type	Notes
1	Whitbread Hollow XC	16/02/25	Fastest Time	ESSCCL Event
2	Seaford Parkrun	08/03/25	Age Grading	
3	Hastings Half	23/03/25	Fastest Time	Sussex Grand Prix Event
4	Martello Half	13/04/25	Fastest Time	
5	Eastbourne Parkrun	26/04/25	Age Grading	
6	Dream Mile	28/04/25	Age Grading	Monday Night Track Lewes
7	Haywards Heath 10	04/05/25	Fastest Time	SGP & Mid Sussex Marathon
8	Horsham 10k	11/05/25	Fastest Time	SGP
9	Preston Park Parkrun	07/06/25	Age Grading	
10	Summer Solstice Run	18/06/25	Fastest Time	Seaford Striders Event
11	Bowl 15	06/07/25	Fastest Time	SGP
12	Malling Rec Parkrun	12/07/25	Age Grading	
13	Hove Prom Parkrun	30/08/25	Age Grading	
14	Bushy Parkrun	13/09/25	Age Grading	SoCo Coach Trip
15	Hellingly 10k	28/09/25	Fastest Time	SGP
16	Seaford Parkrun	11/10/25	Naked Run	
17	Beachy Head Marathon Weekend	25-26/10/25	Fastest Time	Double Header
18	Crowborough 10k	02/11/25	Fastest Time	SGP
19	Autumn Cross Country	November	Fastest Time	Date & venue to be confirmed
20	Peacehaven Parkrun	06/12/25	Age Grading	

Competition Rules

There are a total of 20 events to choose from. There is no requirement to do them all, as you only score points in your best 10 races. There are separate male and female competitions, with awards for 1st, 2nd, and 3rd places to be presented at the next Striders Awards Evening.

Only the first 20 finishers in both categories score points (NOTE - change from last year: 21st onwards no longer get a point just for turning up). The winner gets 20 points, 2nd place gets 19, and so on, down to 20th position, who gets 1 point. In those 3rd-party races where chip timing is available, this will be used for CGP scoring rather than finishing position or gun time.

Eight age-graded events have been included to give more mature runners a chance of competing with the speedier youngsters. The age gradings will be taken directly from the Parkrun website (Dream Mile age grading to be supplied by the 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 will be taken from the Parkrun website.

In the event of another tied score in the podium places at the end of the year, the following tiebreaker will apply: who won the most head-to-head races. If this is still equal, the highest score in those races will be used.

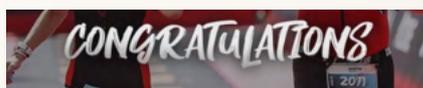
Beachy Head Marathon Weekend – As a perfect 200-point score was achieved in last year's CGP, the ante is being upped as follows: - The Half is on Sunday, and the 10k/Full/Ultra are on Saturday. All four races will be scored as normal, so if you run Saturday and Sunday, you can get two point scores, which will be added together and still only count as one event.

However, as any Mid Sussex Marathon veteran knows, running a 10k and Half on consecutive days is no biggie. So, if anyone is hard enough to do the Full/Ultra and the Half, their Full/Ultra score will be doubled. (The Half must be completed; a DNF/DNS cancels the doubling bonus.) In summary, there is a maximum of 40 points available for doing the 10k & Half combo and 60 points for the Full/Ultra & Half.

Club Grand Prix Standings

Please find below the final CGP positions as submitted by James Marron.

Female Results																								
Name	Seaford Beach Parkrun	Dream Mile	Hastings Half	Brighton Marathon	Martello Half	Peace-haven Parkrun	Clair Parkrun	Seaford Beach N/Prun	Bewl 15	30 minutes	Arundel 10k	Bacchus Half	Autumn Equinox Run	East-bourne Parkrun	Uckfield Parkrun	Beven-dean Parkrun	Crow-borough 10k	East Brighton Parkrun	New-place XC	Mince-pie Rerun	AER V/B Point	Total Points	No. of Runs	Top 10 Score
Sam Alvarez	20	20			20	20	20						20	20	20	20	20	20	20			220	11	200
Joanne Bruggenwirth	18	19			12	19	19	18		18			18	19	18	18						192	11	180
Leanne Litster	42	42	15	19	44	40	16	18	18	19	19			14	15					17		218	14	170
Jo Robinson	7	11	12				9	15	18	18	15						18			13		132	10	132
Katherine Simmons						12	17			14	20			17	18	15				7	1	119	8	119
Jen Williams	5					16							19	13	19	17			19		1	109	7	109
Anneka Redley-Cook		16			18		18	14					18							19	1	104	6	104
Amanda Feast	17	18				17		13		20			16							1	1	102	6	102
Paula Tiller			16						19	17						16				18		86	5	86
Kathryn Warren	14		19						20									19				72	4	72
Debbie Priest							17				17		10					17				81	4	81
Victoria Maleski	10	15									18				17						1	81	4	81
Bryony Clarke			20		19									16								55	3	55
Sue Curtis		17			16				19													52	3	52
Simone Amis						13							15						15	8		51	4	51
Lauren Stallard	1			20	9														9	12		51	5	51
Kate Parkinson	13					15		20														48	3	48
Sandra Standen						18				15										5	10	48	4	48
Justine Ridgway	16	14																		16		46	3	46
Lizzy Miles																				20	20	40	2	40
Erica Martin																19			19			38	2	38
Jane Boyes			18		17																	35	2	35
Judith Linsell		12																		8	14	34	3	34
Jill New						14																33	2	33
Kay Crush	7																			10	16	33	3	33
Kellie Snow	4				13								14									31	3	31
Jemma Vile	15													15								30	2	30
Bronwyn Clare	11		17																			28	2	28
Stacey Pollard	10																					28	2	28
Jeanette Wells						8														8	11	25	3	25
Jane Kemp					10															14		24	2	24
Janine Bishop	3				8															12		23	3	23
Lucinda Dopson	8		13																			21	2	21
Alison Househam	19																					19	1	19
Rosie Neill								19														19	1	19
Kat Chamberlain																						18	1	18
Katie Boxall													17									17	1	17
Lorraine Quigley											16											16	1	16
Sally Mayger	1							15														16	2	16
Hilary Ward					15																	15	1	15
Rachel Byrne																					15	1	15	
Hayley Cole													8								7	15	2	15
Emily Farley					14																	14	1	14
Michelle Varnrell			14																			14	1	14
Anna Tait																				13		13	1	13
Gemma Watts													13									13	1	13
Melissa Luckin													12									12	1	12
Sara Baitup	1																			11		12	2	12
Jemma Woodland													11									11	1	11
Sharon Plank						11																11	1	11
Claire Sander		10																				10	1	10
Helen Ramsey																						9	1	9
Sarah McDermott																					8	8	1	8
Wendy Fortune													9									9	1	9
Lindsay Baker													7									7	1	7
Tanya Dawson													6									6	1	6
Luisa Sanchez													5									5	1	5
Milene Lopez													4									4	1	4
Jenny Hunter	2																					3	1	3
Emma Hamilton	1																					1	1	1
Sue Wallis	1																					1	1	1



Rolando Hutchinson

Congratulations! You achieved Silver All World Athlete status for 2025!

Your racing activity at IRONMAN and/or IRONMAN 70.3 events in 2024 earned Age Group Ranking points, and the points total from your best three events has positioned you in the top 7% of all athletes in your age group.



Sussex Heart Charity Sponsored Walk in Brighton on 4th May 2025.

Further information is available here <https://www.sussexheartcharity.org/events/annual-sponsored-walk-2025/>

Club Grand Prix Standings

Male Results

Name	Seaford Beach Parkrun	Dream Mile	Hastings Half	Brighton Marathon	Martello Half	Peace-haven Parkrun	Clair Parkrun	Seaford Beach NP/Run	Bewl 15	30 minutes	Arundel 10k	Baochus Half	Autumn Equinox Run	East-bourne Parkrun	Uckfield Parkrun	Beven-dean Parkrun	Crow-borough 10k	East Brighton Parkrun	New-place XC	Mince-pie Rerun	AER V/B Point	Total Points	No. of Runs	Top 10 Score
James Marron	18			46		19	20	4	18			20	20	19	19	20	19	47		44		242	14	192
Austin Warren	19	20	17		46			44			17		17	17	20	18	18	20	17	19		210	12	183
Jeff Young	17				44		19	49		19	18		18	18	18	19	18	19		46		223	13	183
Richard Preece	46	18			9	18	18	20			16		44	16	16	18	42	18	43	18		238	15	176
Pete Jaques	16	8	10	4	17	15	6	16				6	14	15	17	9					1	152	13	137
Josh Nisbett	15			19							20										20	128	7	128
Martin Dallimer			12	5				14	17	18			15		14	15					15	125	9	125
Steven Teale			9	8	1	9	13	19	15		14				11						17	116	10	116
Ralph Jennings		19				15	16	7		20			8	15								100	7	100
Russ Hewitt		11	13	8				2					14	12		14	11	13				98	9	98
Ollie Sprague	1		20	20	12	7		3	20								10					93	8	93
Jack Hutchinson			19	18	17						19								19			92	5	92
Dave Dunstall	20					20		13					12	20								85	5	85
Ray Smith		17	11		11												13		14	12		78	6	78
Nick Farley	16			11	15								16			16						74	5	74
Steve Sprague			15		2	14											15	15			13	74	6	74
Fabian Eason	13			13			17	6								17						66	5	66
Paul Swinerton						11	12	8				2	10	10	12							65	7	65
Joshua Rudd			18	19	18																	56	3	55
Luke Borland													19					18				53	3	53
Ollie Card				16													15	14				45	3	45
Kevin Tant	1					10		17					4								11	43	5	43
Ron Van Heuvelen	1						14	15							12							42	4	42
Matt Clare								1	19											20		40	3	40
Robert Ewen						16		18														34	2	34
Leslie Mayer	11			9				14														34	3	34
Phill Stevenson	12				20																1	33	2	33
Darren Wymer				7	1	13															10	31	4	31
Aaron Pooley											13								16			29	2	29
Trevor Jones	1		5			12								11								29	4	29
Damian Partridge	1							12														28	3	28
Mark Andrews	8												7	13								28	3	28
Simon Newman	1							14							13							28	3	28
Darren Evans	14				3								9									26	3	26
Alan Browne	6			13									5								1	25	3	25
Simon Wattam		14			10																	24	2	24
James Dopson	7		16																			23	2	23
Paul Willis				14				9														23	2	23
Martyn Craddock	1		8		1			1								13						22	5	22
Matthew Winton	1	9													9						1	20	3	20
Lindsey Stirton		13		6																		19	2	19
Tom Roper						6										11						18	2	18
Colin Laidlaw	1							16					1									18	3	18
Rolando Hutchinson				17																		17	1	17
Gary New						8											8				1	17	2	17
Lance Maleski											15										1	18	1	16
Martin Robards								15														15	1	15
Rob Sarjeant			14																			14	1	14
Kevin Ives	4	10																				14	2	14
Dominic Hinds		12			1																	13	2	13
Richard Impey	1			12																		13	2	13
Tom Bell													11									11	1	11
Graham Jones	10																					10	1	10
Phil Robinson			10																			10	1	10
Steve Ramsey													10									10	1	10
Colin Browne	3				7																	10	2	10
Martin Robards	9				1																	10	2	10
Mark Woolford		8																				8	1	8
John Foster			7										7									7	1	7
Dan Axson					6																	6	1	6
Jay Vile	5																					5	1	5
Kabir Kenth						5																5	1	5
David Westtoot						4																4	1	4
Gareth Hutchinson													3									3	1	3
Simon Homer	1																					2	1	2
Simon Peck	2																					2	1	2
Alex Dawson													1									1	1	1
Andrew McDonald	1																					1	1	1
Carl Howard	1																					1	1	1
Chris Le Beau	1																					1	1	1
Phil Baker													1									1	1	1
Tom Forristal													1									1	1	1

Seaford Striders AGM

We would like to remind you that the Striders AGM takes place on [Tuesday 11th February](#). This is when we formally welcome our committee members for the new membership year, agree the membership charges and talk about other issues relating to running the club. We hope you will be able to attend. Please note we have arranged for the Rugby Club bar to be open after the AGM so you have a chance for a relaxed chat afterwards.

Sussex Grand Prix

OLLIE SPRAGUE CROWNED JOINT SUSSEX GRAND PRIX CHAMPION.

After some deliberation from the SGP stewards it was decided to jointly award Ollie Sprague and Chris from Hailsham the mens trophy. Ollie and Chris are tied on points and there were no tie break rules in place. This is great news for the club and we celebrate Ollie's success.

Josh Nisbett and James Marron have also placed very highly - 7th and 14th respectively. Kat Warren is the clubs highest placed female in 26th place followed by Jo Robinson in 76th place.

As a club we finished in 9th place from 20 clubs. At certain races we finished as high as second (Crowborough) but also placed well at Hastings Half and Hellingly 10k which shows us what we may well be capable of if we turn out regularly at this years events. Hoping we can improve on this position next year.

Race	Date	Day	Event
1	23 March 2025	Sun	Hastings Half
2	4 May 2025	Sun	Haywards Heath 10 mile
3	11 May 2025	Sun	Horsham 10k
4	18 May 2025	Sun	Rye 10 mile *
5	1 June 2025	Sun	Hastings 5 mile
6	15 June 2025	Sun	Heathfield 10k
7	6 July 2025	Sun	Bewl 15
8	16 July 2025	Wed	Phoenix 10k
9	21 September 2025	Sun	Hellingly 10k
10	5 October 2025	Sun	Lewes Downland 10 mile
11	19 October 2025	Sun	Hove Prom 10k
12	2 November 2025	Sun	Crowborough 10k

Individual Scoring

Points are accumulated throughout the season. A runner's **best 6 scores from all the races** form their total. 500 points for the winner 499 for 2nd and so on down to 1. Only members from eligible clubs can score. You can only score for your first claim club. Club vests must be worn.

For further information please visit the rules section here. <https://sussexgrandprix.co.uk/rules/>

Team Scoring

Points for men and women are allocated as follows:

The 1st 10 percent of finishers are awarded 10 points, the 2nd 10 percent 9 points, the 3rd 10 percent and so on down to the final 10 percent being awarded 1 point.

Team total score consists of the top 10 scores across men and women plus 1 point for each runner who competes up to a maximum of 25 points for points awarded for competing runners.

Each team's best 11 from the 12 races are counted.

For Information

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

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

My Little Whoopsie!

I feel like I'm over this enough to share it and hope you get a giggle out of my misfortune!

I was lucky enough to go home and spend the Christmas break with Spencer and my family in Wales this year. I was absolutely buzzing that I got to have Spence on Christmas Day, along with my niece and nephew this year. I was even more excited when I learnt that there was a 10K race in Broad Haven, Pembrokeshire on New Year's Eve and we didn't need to make the journey back to Sussex until the 1st Jan, so it was perfect! It's not often that I get to race with all of my family there to support me, giving the miles in between us normally, so I knew this was going to be a special one and didn't hesitate to sign up.

On top of the adult's 10K race, there was also a kids' fun run. My sister hasn't caught the running bug yet (I'm still working on her), but she decided she could manage assisting the kids run 400m whilst I was out on the 10K, so happy days.

The event made a big deal of advertising that Christmas fancy dress was encouraged and that prizes would be won. Back in the day, I used to love a bit of dressing up and felt like it was meant to be when I saw a Tik Tok video tutorial of someone making a tutu Christmas tree dress! So of course, I ordered 50m of green mesh material and that was my Christmas project sorted.



When I say my Christmas project, I mean this bad boy really consumed me! Every single evening when Spence had gone to bed, I made a bit more of the dress. We then had a family Christmas movie night, so I also used this as time dedicated to adding to the dress. Of course, Spencer, my niece and nephew then saw my making the dress and wanted to get involved.

As if I didn't have enough of a task on my hands, I agreed to make then each a mini version for their fun run.

I knew I needed a star for my head (the top of the Christmas tree), so I ended up attaching cable ties to a headband and painting them metallic bronze. Once the tutu layers were complete – all five of them, and that's not even including the kids' costumes – I hot glue gunned baubles and tinsel to everything. It looked like Father Christmas had vomited tack all over it, but it was everything I wanted and more!



I was at my sister's house one morning putting the final touches to the outfits when my mum phoned my sister. She was too scared to phone me herself and break my heart.

Apparently, the race had been that morning. I'd got the date wrong and missed the entire event! Unbelievable! You best believe you're going to be seeing this Christmas tree dress at ANY given opportunity next Christmas because it's sat upstairs, unworn, along with three mini versions too. I can't believe I made that mistake and trust me, I'm going to be triple checking event dates from now on!!!

Jen Williams

Juniors

Junior Strength and Conditioning



While our Junior Striders wait for better weather and a return to training base at The Salts, our youngest members are still keeping busy!

Many of our Juniors have been taking part in dedicated Strength and Conditioning Classes which take place at Whittfit Training Gym.

The sessions are taking place throughout the term time during the winter and are led by Whittfit's Head Coach (and Bailey and Theo's dad!) Steve Whittemore. The classes focus on exercises to improve running strength.

One of the latest winners of the performer of the session was Francis.

The mixed ability sessions run from 18:00-18:45 on Tuesdays during term time and cost £5 per session, to book, contact Steve at info@whittfittraining.co.uk



Juniors Swap Mud for Snow at Blackcap XC

Striders Juniors have had a record turn out for the East Sussex Sunday Cross Country League this season. The latest race was no exception with Ava, Reuben, Zoe, Eva, Kitty and Lucy representing Striders.



Instead of mud, this time our Juniors had to contend with snow on the course. It's a rare sight when our Juniors end their race with a snowball fight! Well done team!



Alfie Batchelor

Alfie ran in the Sussex School Cross Country event at Waterhall in Brighton on Tuesday 14th January. He finished 12th in a strong field of year 10 and 11's and has qualified to represent Sussex Schools at the South East Inter Counties Schools Cross Country Match on the 1st Feb in Newbury. He's worked really hard in training over the winter but couldn't have done it without Phill Stevenson's help and guidance.



Our Very First Mini Mince Pie

The Juniors will be running shortened versions of our wonderful Mince Pie 10 course on Sunday 23 February with one of our fabulous Mince Pie medals available for those who complete it.

Mini-Mince Pie

Sunday 23rd February 2pm
Peacehaven Big Park cafe



Yes we know, Christmas is over BUT mince pies are for LIFE (same with chocolate!)



Join us on to run 2.5k or 5k of the 'Mince pie' event organised each year by Seaford Striders.



It will be a run, not a race. It will also be off-road and muddy so wear old trainers.



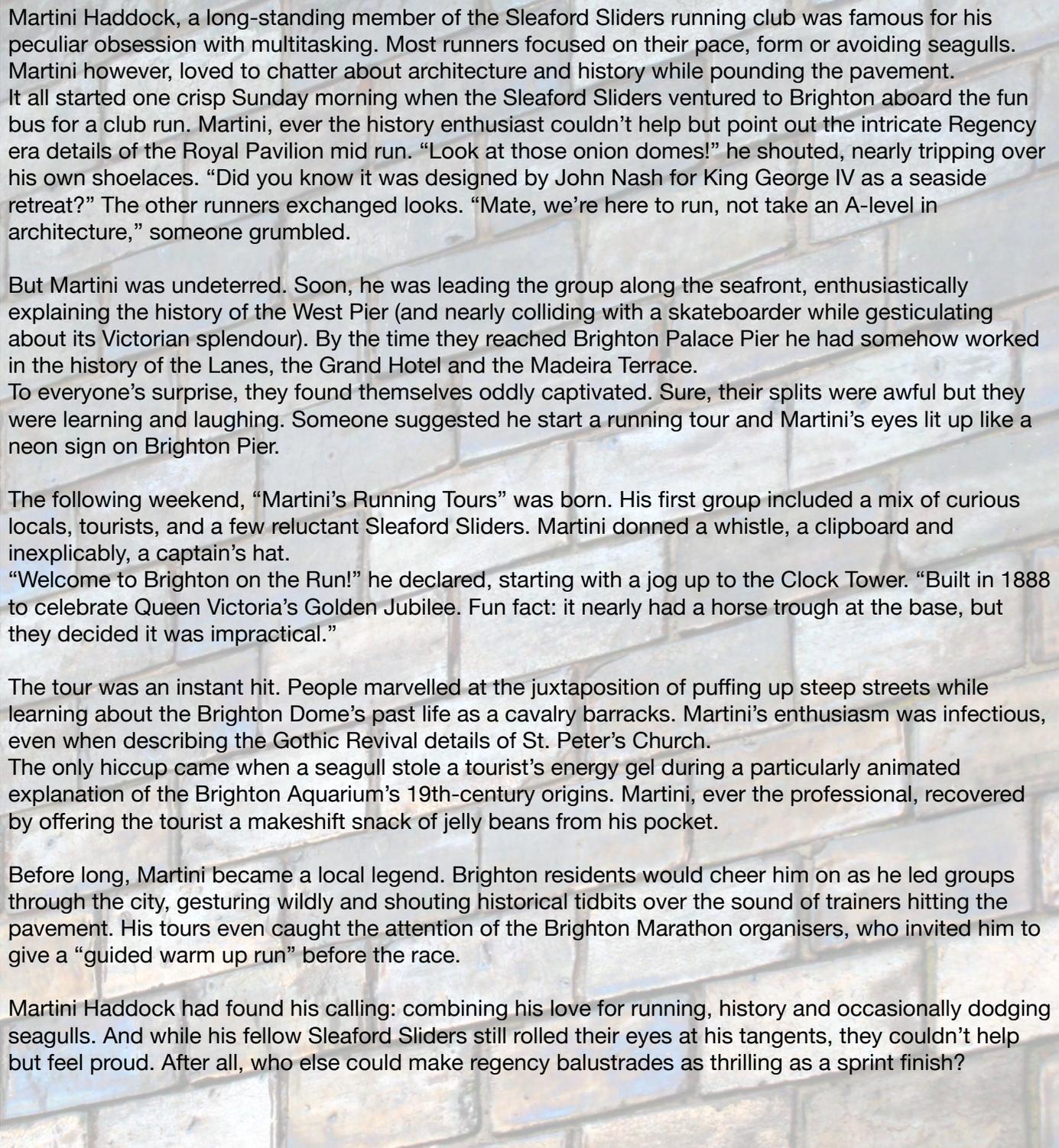
Medals and cakes for everyone. Grown-ups can drop-off or join in!



AI STORY

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

Disclaimer : This is 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.



Martini Haddock, a long-standing member of the Sleaford Sliders running club was famous for his peculiar obsession with multitasking. Most runners focused on their pace, form or avoiding seagulls. Martini however, loved to chatter about architecture and history while pounding the pavement. It all started one crisp Sunday morning when the Sleaford Sliders ventured to Brighton aboard the fun bus for a club run. Martini, ever the history enthusiast couldn't help but point out the intricate Regency era details of the Royal Pavilion mid run. "Look at those onion domes!" he shouted, nearly tripping over his own shoelaces. "Did you know it was designed by John Nash for King George IV as a seaside retreat?" The other runners exchanged looks. "Mate, we're here to run, not take an A-level in architecture," someone grumbled.

But Martini was undeterred. Soon, he was leading the group along the seafront, enthusiastically explaining the history of the West Pier (and nearly colliding with a skateboarder while gesticulating about its Victorian splendour). By the time they reached Brighton Palace Pier he had somehow worked in the history of the Lanes, the Grand Hotel and the Madeira Terrace. To everyone's surprise, they found themselves oddly captivated. Sure, their splits were awful but they were learning and laughing. Someone suggested he start a running tour and Martini's eyes lit up like a neon sign on Brighton Pier.

The following weekend, "Martini's Running Tours" was born. His first group included a mix of curious locals, tourists, and a few reluctant Sleaford Sliders. Martini donned a whistle, a clipboard and inexplicably, a captain's hat. "Welcome to Brighton on the Run!" he declared, starting with a jog up to the Clock Tower. "Built in 1888 to celebrate Queen Victoria's Golden Jubilee. Fun fact: it nearly had a horse trough at the base, but they decided it was impractical."

The tour was an instant hit. People marvelled at the juxtaposition of puffing up steep streets while learning about the Brighton Dome's past life as a cavalry barracks. Martini's enthusiasm was infectious, even when describing the Gothic Revival details of St. Peter's Church. The only hiccup came when a seagull stole a tourist's energy gel during a particularly animated explanation of the Brighton Aquarium's 19th-century origins. Martini, ever the professional, recovered by offering the tourist a makeshift snack of jelly beans from his pocket.

Before long, Martini became a local legend. Brighton residents would cheer him on as he led groups through the city, gesturing wildly and shouting historical tidbits over the sound of trainers hitting the pavement. His tours even caught the attention of the Brighton Marathon organisers, who invited him to give a "guided warm up run" before the race.

Martini Haddock had found his calling: combining his love for running, history and occasionally dodging seagulls. And while his fellow Sleaford Sliders still rolled their eyes at his tangents, they couldn't help but feel proud. After all, who else could make regency balustrades as thrilling as a sprint finish?



Quizmas Quiz Night



A Festive Night at the Seaford Striders Christmas Quiz

It was a cold December evening, but the festive spirit burned bright as over 50 members of the Seaford Striders gathered at the cozy Old Boot Inn for their much-anticipated Christmas Quiz.

Quizmaster Graham Jones, known for his veteran running, was in fine form, his enthusiasm setting the tone for an evening filled with the usual Striders' competitiveness.

Thankfully, a bit of luck ensured the Striders had plenty of room as another booking failed to turn up, leaving one half of the pub at their disposal. Every table in sight was claimed by members eager to test their knowledge and skills, making it a packed and lively evening.

The quiz itself was hotly contested, though most of Poverty Bottom group disproved their name and took home the glory as well as their winnings. Some of the questions were very difficult, and many played their joker on the music or picture round. There was a lot of good natured grumbling about the 'Gingerbread' question. (Ed Sheeran, anyone?)

Adding to the evening was the fancy dress competition, judged this year by a couple of, errr, let's say rather inebriated gentlemen who had it seemed an unconventional approach to decision making, including their confusion over who was actually inside Emily Danvers' Santa costume.

However, the ultimate winners were Jill in her festive costume and unsurprisingly, Ray as "the angel."



The night was full of lighthearted banter, groans over missed answers and cheers for correct ones. As the drinks flowed and the festive decorations twinkled, it was clear this event marked the unofficial start of the Christmas season for many Striders.



Seaford Martello Half Marathon

Event Summary

The Seaford Martello Half Marathon returns on 13th April 2025. This scenic, but challenging event combines the stunning Seaford seafront with the beautiful South Downs. Run jointly by Seaford Martello Rotary and Seaford Striders Running Club, the event is proud to raise funds for local charities and organisations - in 2025 any surplus after event expenses will be split equally between East Sussex Vision Support, The Youth Counselling Project and the grant giving arm of Seaford Martello Rotary.

Details

Registration, number collection and bag storage are at Seaford Rugby Club (w3w /// hopeless.blanked.undivided) in the Salts from 08:00. Ample free parking is available on Seaford seafront or in the Richmond Road car park. There are toilets available in the Salts. The event start time is 09:30 with the start location being a few minutes' walk from the Rugby Club at Bonningstedt Parade (w3w /// gestures.loser.enlighten) and the finish is on the seafront opposite Dane Road (w3w /// vibes.breaches.letter).

The 2025 entry cost of £30 (or £28 if you are EA affiliated) includes a fully marshalled EA licensed course, chip timing, two water stations, finish refreshments and a bespoke medal.

Sorry no walkers or dog runners.

The Course

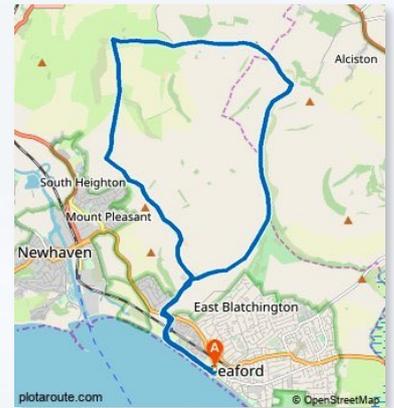
Heading off along the seafront, the route turns inland just before the Newhaven & Seaford Sailing Club, over the A259 then through the quaint Bishopstone village, before heading onto the trails towards Poverty Bottom. This first part is largely flat but you then start the climb up towards Firl Beacon. The first water station is above South Heighton, about 4 miles in and from here the real climb begins and the Firl Beacon radio masts eventually come into view. At the intersection with South Downs Way the route turns east and you will follow the South Downs Way to Bo Peep where you will find the second water station at about 8 miles. From here it is mainly downhill! The route turns broadly south back towards Five Ways and then loops back towards Bishopstone village where you rejoin Bishopstone Road and head back towards the seafront crossing the A259. Then it is back along the seafront to the finish.

As most of the route is off road trail shoes are recommended. Expect a combination of open bye ways, narrow paths and probably lots of mud, puddles, slippery chalk and exposed flint. You will definitely need to be watching your footing, but also take time to look at the amazing views and thank our awesome marshals who will be encouraging you on

the way whatever the weather.

Cut off Time

This year we are introducing a cut off time - you must reach the first water station, which is at about 4 miles, within 1 hour. We have chosen this location as it is within a reasonable distance to get back to the start. Many of our marshals are in very exposed locations and to be fair to them we need to make sure that they are not having to be out there waiting for you for too long. The course is challenging and the event is intended for runners, not people who just want to walk the route. Obviously we don't say you have to run it all, but there is an expectation that you will be able to make reasonable progress. Hopefully it will be a lovely day, but we have to allow for the possibility of inclement weather and what this might mean for our marshals and other volunteers.



ENTER HERE

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



Blackcap XC

Blackcap XC

Josh Nisbett

When snow halted play on our WNS this week it certainly didn't stop the brave few that made the trip north (all of 7 miles) to Lewes on Sunday 12th of January. With a number of us even more dedicated (or crazy, you decided) Striders having been at our awards night the evening before.

Although the ground was frozen and slippery in the first couple of miles. After the turnaround the frozen icy grass turned into thicker snow where the sun hadn't melted the white stuff yet. Oddly enough the snow gave more traction, but the real treat were the views it produced running on top of the white South Downs on a sunny blue skies morning.

It was great to see the juniors out in force again with a couple of new faces of Reuban & Eva Danberry. Junior Striders by far took over the under 11 girls' category, having 4 out of the 8 runners. Hopefully next round we can get some more junior boys to come along. The standing for the juniors are as below;

Under 11 Boys

Reuban Danberry 12th, Tommy Browne 13th and Harvey Browne 16th

Under 11 Girls

Eva Miles 3rd, Kitty Winton 4th, Lucy Pollard 5th and Zoe Chamberlain 8th

Under 13 Girls

Eva Danberry 10th

Under 15 Boys

Alfie Batchelor 7th

Shout out to Stephen Ramsey who signed up on the day to his first cross country, I can promise the conditions aren't usually this extreme. Lizzie Miles had a great run coming in 9th lady on the day. Arron Pooley shined for the males, averaging a great pace of 7:09 min miles on only his second outing for the striders at cross country and was 4th Strider over the line. The team came 3rd at Lewes and we also stand 3rd overall for the season out of 16 teams.

It's looking like the missed race in November won't be rearranged from what I hear down the grape vine, nothing officially has been communicated to me. So it's your best three races that count to your over individual points. Striders in the top ten of their age categories are below along with races run in brackets.

Anneka Redley-Cook	5 th	(2) SW
Stacey Pollard	4 th	(3) F35
Jen Williams	6 th	(2) F35
Lizzy Miles	1 st	(3) F40
Justine Ridgway	10 th	(3) F50
Judith Linsell	8 th	(2) F65
Sandra Standen	6 th	(2) F70

Josh Nisbett	7 th	(2) SM
Luke Borland	7 th	(3) M35
James Marron	10 th	(2) M50
Austin Warren	8 th	(2) M55



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

New Place Farm XC



By Ray Smith

Framfield cross country might not be the hilliest course out there but it's earned a reputation for being one of the muddier events in the XC calendar. In recent years the mud bath had been kept in check thanks to some conveniently timed hard frosts, freezing the ground into submission.



This year however nature decided to remind us what Framfield is really about - mud glorious mud. The organisers even issued a pre race warning about the state of the course which is always a comforting thing to hear before lacing up.

And they weren't exaggerating. At least two miles of thick, gloopy mud awaited us clinging to our shoes, splattering up our legs and somehow finding its way into places we didn't even know existed. But guess what - nobody seemed to mind. On the contrary most of us embraced the



challenge and some even with a little too much enthusiasm. Case in point Lauren, who crossed the finish line with a grin so wide it looked like she'd just discovered mud therapy. Others... well, let's just say their post race expressions suggested they were a little bit more "cross" and would have preferred a little less "country."



Jack Hutchinson led the charge for the Striders, finishing well clear of Luke Borland, who probably spent more time fighting in the mud than Jack. Aaron Pooley also had a cracking run finishing way ahead of his usual rivals, possibly propelled by the sheer will to escape the swamp.

On the women's side, Lizzy Miles led the ladies home, leaving the competition (and most of the mud) in her wake. Jen Williams was lightning fast at the start but the sticky course took its toll and she faded later on. Behind them came a massive contingent of Strider women, some braving their very first cross country race. Talk about baptism by mud.

As for me? Surprisingly, I had a fantastic run, so much so that I actually got stronger towards the end, picking off a couple of teammates (sorry,



but not sorry). Maybe it was the thrill of overtaking or maybe I also was just desperate to escape the mud. Either way I'll take it. In summary Framfield delivered its usual muddy chaos and to be honest we wouldn't have it any other way. Well... most of us.



Cross Country

Sunday Cross Country 24/25

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

**Cancelled

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

Results can be found here <https://www.eastsussexcrosscountry.co.uk/results>

Sunday	13 October 2024	Eridge Park, Crowborough
Sunday	24 November 2024	Snape Wood, Wadhurst**
Sunday	15 December 2024	New Place Farm, Framfield
Sunday	12 January 2025	Blackcap, Lewes
Sunday	16 February 2025	Whitbread Hollow, Eastbourne
Sunday	16 March 2025	Pett

Sussex Cross Country League 24/25 - Saturday

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

Future dates are below and more information can be found on their website <https://www.sussexathletics.net/take-part/cross-country/sussex-cross-country-league/>
These events can be entered online up to the Thursday morning before the event.

Saturday	12 October 2024	Goodwood	
Saturday	9 November 2024	Glyndebourne, Lewes	League race 2
Saturday	30 November 2024	Ardingly Showground	League race 3
Saturday	4 January 2025	Little Common, Bexhill	Junior and Senior Championship
Saturday	18 January 2025	Goombe Farm, Lancing	Masters Championship
Sunday	9 February 2025	Stanmer Park, Brighton	League race 4

For information contact Josh Nisbett

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



Well they say you are what you eat!!

For those who stayed until the end of the awards night, you might have noticed a certain Josh Nisbett enthusiastically filling up a doggy bag or 2 or 3, generously provided by the catering company.

“These sausage rolls are really good, they’ll keep me fuelled for cross country tomorrow. There are bound to be some left over I’ll bring them along to share around” he remarked.

Needless to say the next day he didn’t bring along any sausage rolls but he did run well and was just that bit easier to spot than usual!

Where’s Julie?

Where’s Julie?

We have managed to drag Julie away from her last months hiding place. She’s found somewhere new to hide.
Can you find her.

Answer will be revealed in the next edition!



Here’s Julie

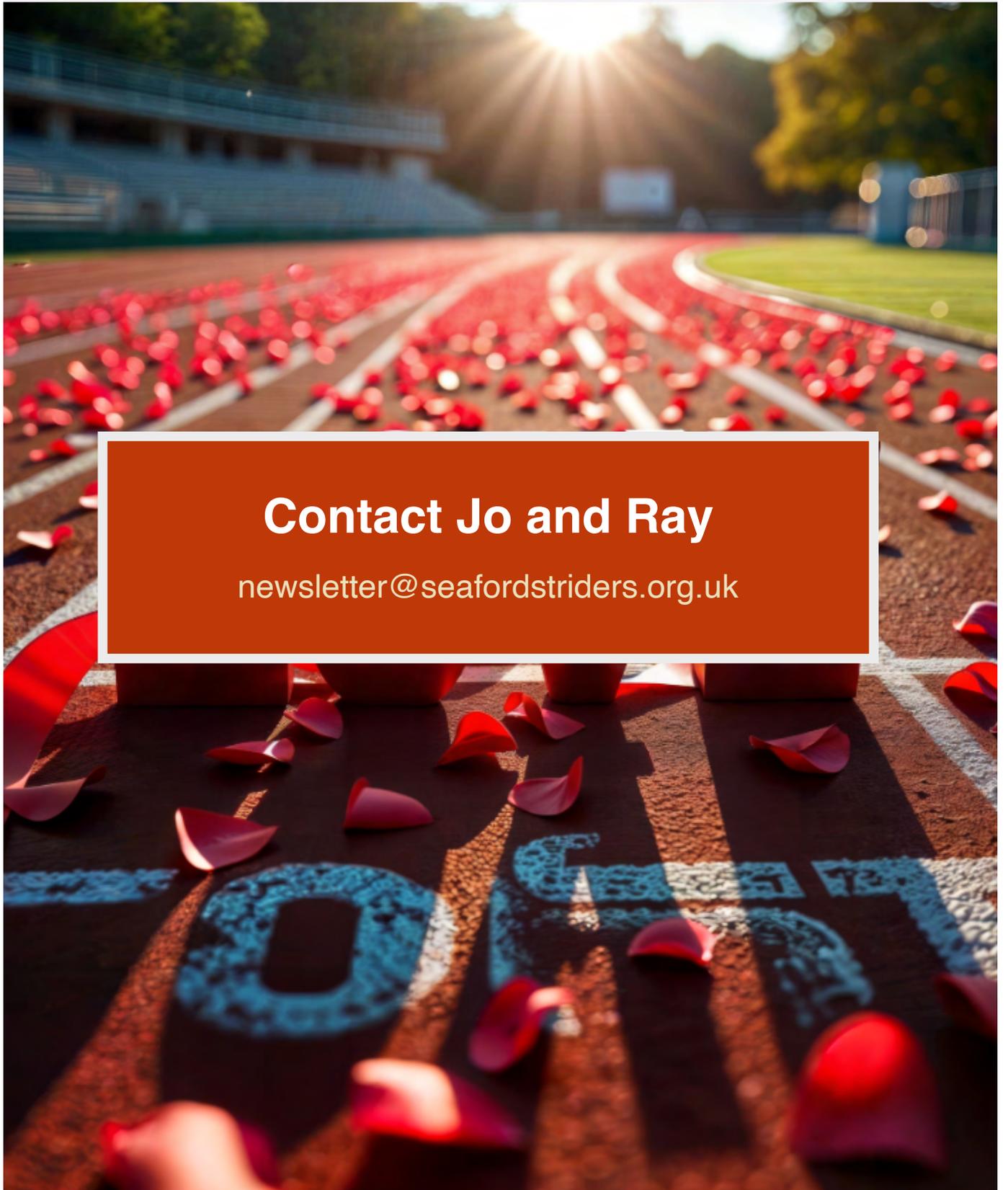
She couldn’t resist another sneaky look
And can you blame her..



Gallery



Contact Us



Contact Jo and Ray

newsletter@seafordstriders.org.uk



Deadline for next
issue
24 February 2025

