

SEAFORD STRIDERS NEWSLETTER



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Welcome to Summer

Running in summer, eh? What a ludicrously brilliant idea! Picture this: the sun blazing down melting your brain and you're out there mad as a hatter, pounding the pavement. Sweat pouring off you like Niagara Falls your shirt sticking to you like a second skin and you think, "Yes, this is living!" But hang on a tick you absolute maniac, don't forget your hydration, or you'll end up looking like a dried prune on the side of the road. Slather on that sunscreen or you'll be redder than Nick Farley at the Brighton Marathon. Yet, despite all this insanity there's something gloriously liberating about it. The sheer madness of defying nature, the thrill of being out there, just you and the elements. Ah, summer running, you magnificent beast!





Victoria Runs the Place

Thank you so much to Jo Robinson for agreeing to take on the role of Newsletter Editor. It is so good to have this platform back for you all to share your run reports and other articles.

In case you don't know me, I'm Victoria and I'm honoured to be the Chair of Seaford Striders.

I first joined Striders on 22nd March 2017 - this was the first day of the first Striders C25k. I can honestly say it has been one of the best decisions I have ever made. I've gone from not running at all to being a regular runner and I've made lots of friends. I've even completed a marathon. I'm also an England Athletics Leader in Running Fitness.

To me, one of the best things about being part of Seaford Striders is how encouraging and supportive you all are to runners of all abilities. This is really evident when new members say they saw the special Strider support at races and join us because they love the ethos that comes across. Seaford Striders is a special club to be part of.

I'm lucky to be retired, but I was previously a Chartered Surveyor specialising in commercial property management. I've also been Chief Executive of a charity and a Teaching Assistant.

So what does the role of Chair involve?

I chair our committee meetings and ensure that all our wonderful committee members have everything they need to perform their roles. I put together our Wednesday Night Striders emails and assist with queries from potential new members. There can be a bit of dispute resolution or trying to support situations where there are differences of opinion. I also try to make sure all committee roles are filled, ideally with a bit of back up for key roles. I make sure the committee is able to get your views by organising our annual survey and work with our social team to put together the Awards Evening and other events. I've previously been the Club Secretary and after that was Vice Chair so I had a good idea of what I was taking on as Chair... but there are always some new issues cropping up.

Do let me know if you have any questions or have some ideas for Striders. Just reply to the WNS emails.

Editors

Jo Robinson jojr73@hotmail.com Ray Smith raymondksmith@hotmail.com

Facebook

<https://www.facebook.com/SeafordStriders/>

Instagram

<https://www.instagram.com/seafordstriders/>

Website

<https://www.seafordstriders.org.uk/>

June Highlights

SDW100 Relay

Hastings 5 mile

KidstriUK Worthing

Marathon des Libertés

Worthing Track 3000m

Centurion SDW 100 mile

MacTuff Really Muddy SE run

Worthing 10K

Blaydon Race 5.8 mile

Leonardslee 10K

Hampshire Hoppit 10K

Weald Challenge

Couch to 5K Graduation

Summer Solstice Run

Eastbourne 10K

Heathfield 10K

Longbridge Backyard Ultra

Blenheim Palace Triathlon

The Dambuster Triathlon

3 in 3 Marathon

On This Day or Thereabouts

Following the recent success of our club's efforts in the South Downs Relay and Phill's excellent race report here's a look at perhaps one of our less successful attempts in years past.

Reproduced from the June 1995 Newsletter with kind permission from Alan Lade, a notable Strider of years gone by.

Our first entry into this event was such a catalogue of disasters that Littlewoods expressed an interest and Michael Buerk wanted to do an episode of '999' on it. Yet, in spite of it all, each of the participants said they'd had a great time and were looking forward to next year. Mugs!... were what we got for doing it.

For those who don't know, the race consists of teams of six running along the South Downs Way like headless chickens in a continuous relay, starting at Beachy Head and (in theory) finishing 100 miles later in Winchester. In our case it started in the right place but after that we more or less selected our own route. Whatever seemed prettiest at the time. After all, we were all experienced runners - what would we want with an official route?

The first sign of impending doom was the state of the weather which went from howling wind, through whimpering drizzle to screeching rain and culminated in damp fog so thick it would have got the answer wrong in a "How long is a three foot piece of string?" competition. At least that was Gary Wiles first excuse after he joined Chris O'Hea's exclusive club the Lamentable Order for Seeking Trails (or L.O.S.T) and made a detour above the Newmarket which caused him to come in from the completely opposite direction and produced an enema-like effect on Kevin.

This so impressed Vicki Boyle that, on her next section, she decided to apply for membership too and went sight-seeing around Upper Beeding, which as a tourist attraction doesn't quite rival the haddock boning sheds at Grimsby. After this excitement things settled down for a while, which should have been an obvious warning sign as Gary took over for his 2nd leg.

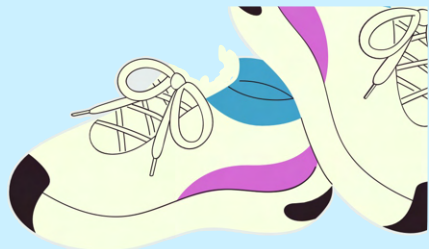
By then the weather had cheered up a lot, the mist was gone and Gary had a detailed set of written instructions. What could possibly go wrong? Two hours later as we waited in the fading light by Littleton Farm it began to dawn on us that 'A hell of a lot!' would be a reasonable answer to that question. Finally, after some frantic searching and scouring of ditches and rigorous interrogation of a number of startled rambblers, a garbled message was received that Gary was safe and well and settled in nicely with about thirty Girl Guides in a camp at Beaky Bottom several miles away. He would be with us just as soon as he could tear himself away from having a quick dib and a dob.

Anyway, we took that as a sign that we should quit while we were behind, so we packed up our damp, weary bodies and came home, dog tired but still cheerful and adamant that we would do better next year. After all, we couldn't do any worse!

Sussex Races

To find out about future races, visit the Sussex Races website:

<http://sussexraces.co.uk/sussexraceeventplanner.html>



New Club Records

All Records are Provisional

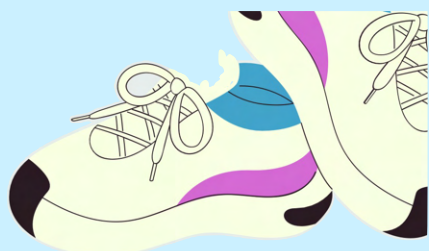
Bryony Clarke is the first female to complete a 100 mile Ultra and now holds the club record for Centurion SDW 100

Adam Haverly takes the club record for 100 miles in the Centurion SDW 100

Richard Impey set a new club record in the 3000m at Worthing with an impressive time of 9 minutes and 49 seconds

Dan Axon set the Striders' 100K record at the UK Ultra SDW 100K

Seafood Striders Mixed Team SDW 100m Relay sets a club record for this event



RECENT RESULTS

Eastbourne Rovers Mile Night 24/05/24

4	Richard Impey	00:05:02
6	Amanda Feast	00:06:00

South Downs Ultra Half Marathon 50k & 100k 25/05/24

32	Justine Ridgway	02:56:01	1/2 Marathon
32	Colin Browne	05:51:02	50k
62	Kathryn Warren	05:53:44	50k
92	Lisa Parkinson	06:14:09	50k
113	Jay Vile	06:35:22	50k
114	Jemma Vile	06:36:31	50k
14	Dan Axson	12:36:50	100k CR

London to Brighton 25k 26/05/24

10	Darren Wymer	04:44:47	25k
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Manchester Half Marathon 26/05/24

6734	Trevor Jones	02:15:04
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South Downs Relay 01/06/24

4	Matt Clare Amanda Feast Phill Stevenson Lizzy Miles Josh Nisbett Sam Alvarez	12:20:46	CR
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Hastings 5 Mile 02/06/24

8	Ollie Sprague	00:28:15
19	Joshua Rudd	00:29:39
374	Victoria Maleski	00:51:50

Marathon De La Liberté 02/06/24

1180	James Dopson	03:43:25
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South Downs 100 Mile 08/06/24

157	Adam Haverly	23:30:13	CR
182	Bryony Clarke	24:22:40	CR
223	Kevin Pryde	25:37:45	

Weald Half Marathon 09/06/24

3	Matt Clare	01:35:13
30	Tobias Bremer	01:50:43
52	Richard Preece	01:59:54
63	Martin Dallimer	02:01:18
73	Jemma Vile	02:03:43
91	Richard Impey	02:09:04
220	Sue Curtis	02:40:33
257	Steven Teale	02:51:02
266	Lucinda Dopson	02:53:57
267	James Dopson	02:53:57





UPCOMING SOCIAL EVENTS

JUL
18 THIRSTY THURSDAY
AT RAY'S

AUG
18 SPORTS DAY

SEP
11 SCAVENGER HUNT

TBC STRIDERS GOT
TALENT

TBC WALK TO ALFRISTON



RECENT RESULTS

Worthing 10k

09/06/24

39	Joshua Rudd	00:36:53
133	Dave Dunstall	00:40:41
207	Samantha Alvarez	00:42:45
408	Ollie Sprague	00:48:41
524	Dominic Hind	00:48:58
1275	Kellie Snow	00:59:42
1322	Matthew Winton	01:03:47

Blaydon Race 5.8 Mile

09/06/24

1440	Bronwyn Ryan	00:46:07
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Leonardslee 10k

09/06/24

100	Kathryn Donkin	01:09:42
108	Lance Maleski	01:10:55
177	Victoria Maleski	01:24:12
198	Lorraine Quigley	01:28:51
199	Lauren Stallard	01:27:44
200	Kay Crush	01:27:44
205	Sandra Standen	01:31:28
206	Jeanette Wells	01:31:52
229	Sue Wallis	01:42:02

Hampshire Hoppit 10k

16/06/24

88	Lance Maleski	01:09:49
177	Victoria Maleski	01:21:09

Worthing Track Night 3000m

18/06/24

11	Richard Impey	09:49:43	CR
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Longbridge Backyard Ultra

21/06/24

DNF	Joel Eaton	25 laps/yards	25:00:00
DNF	James Dopson	15 laps/yards	15:00:00

Eastbourne 10k

23/06/24

14	Joshua Rudd	00:37:27
129	Simon Peck	00:50:39

Heathfield 10k

23/06/24

9	Ollie Sprague	00:38:19
10	Joshua Nisbett	00:39:30
22	James Marron	00:40:48

Marathon Madness (three marathons in three days)

18/06/26

19	Zingy Theto	05:41:58
19	Zingy Theto	05:51:11
17	Zingy Theto	05:55:20

For a more comprehensive list of results this year
please view the club website



Race Report

South Downs Way 100 Mile Relay by Phill Stevenson

The South Downs Way is something of an epic venue if you live in the south of England. A pilgrimage and trade route used by settlers from the as early as the Stone Age. Barrows, tumuli, pillboxes, tank obstacles, and iron-age fortifications litter the route to the point of becoming an “everyday” sight. As a beauty spot spanning across the south coast, it’s almost unrivalled in the UK for and serenity on those quiet weekend days walking. It’s home to hikers, DoE’ers, paragliders, cyclists, horse riders, and one or two races. Namely, the South Dows Way 100 mile relay...



For the past 40 years, teams of 6 runners at the invite only event have been carrying a baton as fast as possible across the picturesque, rolling, chalk hills from Eastbourne to (now) Winchester. A feat that doesn’t come without some degree of difficulty, but luckily, the Seaford Striders that took on the event this year executed an outstanding race to deliver the very best of what Striders represents: Team spirit, and inclusivity.

As a race, it’s fiercely competitive with 51 teams this year competing across the board. Olympic tattoos were spotted, national and international runners all taking part to race for the annual title. There aren’t any fanfares for the winners and not everyone gets a medal. But when you and your team have been up since 4am and get home at 10pm with 20 miles in your legs, you don’t need one to know what’s just been accomplished.

There are 4 sub-categories within the SDW100 relay, an “A” team, a mixed team (3 of each), a ladies team, and a vets team. As far as I’m aware you’re invited to enter a mixed team and if you make the cut off, it’s

possible to come back next year with more teams. A goal we would really like to achieve and bring this fabulous (and very difficult) event to more of the Striders!

Previous editions from Striders have been few and far between since the formation of the race, and some with missed opportunities. I can’t really speak for everyone else but for myself, delivering on race day has always been something I love to do!

So, on the first weekend of June 2024 the Seaford Striders mixed race team consisting of Amanda Feast, Sam Alvarez, new recruit and Captain Lizzy Miles, Matt Clare, Josh Nisbett, and Phill Stevenson led the event. We were crewed by the impeccable set up of Nick Farley and Jeff Young, and during the race there wasn’t a missed turning or travel confusion from 4am to 11pm that day. Anyone driving along the South coast knows this is as good as winning the lottery.



A cool clear, and perfectly clouded morning, coupled with a very fortunate northerly wind to cool us made the conditions ideal and set us up for a very sleepy, and quiet send off. Being one of the newer, and possibly slower teams meant an earlier race start of 6am with a group of 10 or so other teams, something we may have regretted later, but in the long run, didn’t affect our race.



With 97.6 miles to run and 6 runners, you can expect each leg to be in the range of 4 to 9 miles long. The terrain is difficult at times, whether you're scaling calf burning climbs up chalky tracks or careering through dried out riverbeds, you will at some point get whipped across the face by a low hanging branch! The race for a cross-country relay, really fills the brief.



The aim was to get through the race and complete it successfully, as a personal aim of mine, it was to blitz the legs getting increasingly faster on each one and hopefully create some sort of fall back should "something" happen, thankfully, nothing did. For the race team, the main goal of the day was to beat the cut-off. At 14 hours, with a team of 6, it might seem a walk in the park to deliver 97.6 miles at 8:36 minutes per mile for the day, but over such a distance, many teams fall short of this target, whether it's wrong turns, injuries, or breakdowns (cars and people). Over such a time, you must be ready for anything.

What we did notice very early on is that the cut-off time was getting further and further away as each of the team members not only delivered, but shaved minutes off over each leg. Whether it was slightly inaccurate predictions we'd handed in or the successful training each member had completed in preparation it was looking likely that Striders could deliver the fastest time of any of the Striders teams over the years.



Having previously raced the SDW100 as a relay there was a sense of foreboding about the parts in between racing each leg. Whilst many maybe thinking that after a nice run you can sit down for a bit before your next leg. It's true, you do sit down, but unfortunately, it becomes increasingly uncomfortable as you fatigue which can lead to cramps and a fair bit of discomfort. Matt can tell you all about that!



Luckily, the team bus atmosphere was enjoyment personified. Everyone was smiling till the end (just about), and cramps were kept to a minimum. Jeff being the angel he is, offered full rub downs for everyone, but don't believe anyone took up this offer, strange...



With the goal of 14 hours looking likely to be beaten, and the day getting longer and longer the tension was starting to mount. Less and less frequently were wrong turns mentioned as each member shone brightly and continued to deliver negative splits, faster times, and sprint finishes.



With the responsibility of the longest leg, I had the pleasure of running the penultimate leg knowing the route, being ahead of schedule because of our team, and delivering the baton to one of the safest pair of feet I know. Being over an hour ahead of the cut-off and handing over to Amanda with just 5 miles left to run was a feeling that is difficult to describe. You've not yet finished, but you're done, and you can watch someone else put in the effort and get ready for the finish-line feels.



Before we knew it, there were shouts of our last runner coming up the path. Like I said earlier, there is no fanfare and medal, but what a brilliant sense of achievement. We came, we ran, we conquered. Seaford Striders have set a new club record for any team doing the event. 12 hours and 20 minutes on the nose. As a mixed team, we finished 4th. Not bad, if I do say so myself.



Racing is such a tumultuous journey, the minute you feel good, you don't always perform. On those off-days where you don't feel right, you run amazingly. On the 1st of June 2024, Striders had a team of 8, 7 of which felt great and 8 of which delivered well beyond expectations. It's been an absolute pleasure to share this rare moment with such a fantastic team. I hope that with the efforts put in by each and everyone to deliver this result will create an opportunity for other Striders to be inspired or take up a challenge...

Thank you to everyone for taking part, cheering in the WhatsApp, or taking 5 minutes to read though this article. Remember, any typos, it's Ray's fault. Go Striders!!



Warm Halloumi and Peach Salad

by Nick Farley

Serves 2 as a main

INGREDIENTS

- 3 ripe firm peaches, halved and stoned
- 2 tbs light olive oil
- 250g halloumi cheese
- 3 red chicory, root intact & quartered
- 1 bunch spring onions, trimmed and chopped diagonally into 5cm slices

For the dressing

- 1 red chilli, deseeded & finely chopped
- 1/2 bunch fresh coriander, roughly chopped
- 5 tbs white wine vinegar
- 3 tbs clear Greek honey

METHOD

1. First make the dressing: Place all the ingredients in a large, lidded jar or bowl and shake or whisk to mix well.
2. Cut the peach halves into 5 wedges
3. Cut the cheese into 1cm slices. Heat half the oil in a suitable frying pan and fry the halloumi for 3-4 minutes on each side or until a golden crust forms. Remove from the pan and keep warm.
4. Add the remaining oil to the pan and fry the peaches over a high heat for 1 minute just to soften and colour them.
5. Now gently combine all the ingredients together and place on a suitable plate or bowl

Serving Suggestion

Amazing with grilled turkey or tuna steak!

Απολαμβάνω

Apol am vano = Enjoy!

Race Reports

London Marathon 2024

by Debbie Priest



Like so many others, I have watched London Marathon on the TV, wishing I was amongst the runners and having applied several times, always ended up with the dreaded 'Not this time' email. Imagine how delighted I was when I got the club place. I started an 18-week training plan in January which I followed religiously and prayed that I would stay healthy and injury free before the big day. I stayed in London the night before, having a lovely pasta meal for dinner and planned my journey to Greenwich the next day. It's fantastic that all London public transport is free for runners on the day and it was easy to follow the crowd, although there were 4 different start points. My start time was 11.34 in wave 14 but the time beforehand went quite quickly, a lot of it spent queuing for the loo. I wore an old sweatshirt to keep warm before the start and discarded this beforehand to give to charity. Needless to say, I had a tear or two as we crossed the start line. The first part was fairly downhill and we met runners from the other start points at around mile 3. The atmosphere was amazing, with spectators everywhere shouting out runners' names. We headed passed Cutty Sark at around mile 6 and what a crowd! Amazing support continued, and we ran on. A real highlight of the race was turning the corner between miles 12 and 13 and seeing Tower Bridge and the crowds. The reaction from myself and other runners was 'oh wow' as we ran across the bridge, it was such an amazing feeling. On the next stretch we could see the faster runners coming back the other way as we headed down towards Canary Wharf. I struggled from about mile 18 when I could feel my hip catching, but I took it

carefully and soaked up the atmosphere, remembering that this was probably the only time that I would get to complete this iconic race. Another highlight for me was Rainbow Row at mile 21 where some fantastic support and tunes kept us all going, it was quite unexpected and gave me a real boost. The last mile was also fantastic, coming along the embankment and Birdcage Walk, past Big Ben. Turning the corner past Buckingham Palace and seeing the finish line was just as I imagined it would be. I also shed a tear or two as I crossed the line, what an experience! My watch was beeping at me all the way round and I knew it was all the amazing Striders support, tracking me and spurring me on to keep going. I'm very excited for whoever gets the club place this year and I will be forever grateful that our fantastic club gave me the opportunity to take part. I didn't feel too bad the next day and managed to get my medal engraved for free with my name and time, before heading home. Congratulations to all the other Striders that also ran London Marathon this year.



Race Report

How I got to run in the 2023 Beachy Head Marathon

by Richard Preece

Picture it! October 2022. I am running my very first Half Marathon, not just any marathon but the Beachy Head Half. The sky is black with thick heavy thunderclouds. As I run along the top of the cliffs, I can see the approaching storm. Will I finish before the heavens open? No! I run the last three miles in a torrential thunderstorm. As I get to the top of the last Sister, I spot the Grim Reaper waiting for all us runners. I run pass and head on, splashing through streams that are now gushing along the hillside and cascading down the final steep descent like a waterfall to the finish line. I cross the finish line in 2 hours 5 minutes, receive my finishers medal, soaked but elated. My good friend Ralph is waiting for me and congratulates me on my achievement. I tell him "Never Again".

Fast forward to summer 2023. Ralph Messages me to inform that a Strider is giving away their place for the Full Beachy Head Marathon and that I should grab it. Within a few hours I am now entered into the Marathon. The enormity of the task ahead is not lost on me. What have I done? I have never run more than 13miles and that was only once. Luckily, I had 16 weeks to prepare. Overall, the training went well. I even entered another half marathon in Wales, and I amazed myself with a finish time of 1hr 41m.

All to soon Marathon Day arrives. In the build up there had been a lot of banter between us Striders who were going to run the marathon. Some were like me, doing their very first ever marathon. I wasn't feeling nervous, but I was doubtful and apprehensive about my physical ability to run 26 miles. I jokingly said that I would bring a picnic basket with me, anticipating that it would take me all day. However, I did confess to someone that if it took me more than six hours, I would be disappointed. I thought five hours was a realistic target.

At last we are all on the start line, the countdown begins, and we are off. Memories of last year's bad weather fill my head. Recently, Storm Babet had swept through, and the ground is very wet. The weather is still windy with heavy rain showers. This is going to be a tough race. The start is slow as we all cross the start line and immediately face a steep climb to get onto the Downs.



Once onto the South Down way I find my stride. Soon I am at Jevington village and the first water station. Apart from the wind and the rain everything is going well. I have a game plan, and that is to stop at every water station to rehydrate. Apart from energy gels, I am not carrying anything. As I leave Jevington, it's a single file track uphill towards the forest. I find myself stuck behind a queue of runners. I feel like shouting at them to get out of the way. The rain is now heavy. Eventually, the path widens, and I can pass and enter the forest. At last, some shelter from the elements. I reach the top of the forest and leave its shelter back into the wind and rain. The rain is hitting me so hard it is stinging. Running along the Top of the Long Man of Wilmington, the wind is very strong and nearly blows me over. This is truly brutal. Now running down into Alfriston and my right hip is starting to hurt. This is odd; throughout my training I never had any problems with hip pain.

Down in Alfriston the weather is calmer. Lot of spectators cheering us on, and I hear shouts of "Go Striders", which is so good to hear. Through the village and now the climb up to Bo Peep. Most of us are walking, and it's a chance to have a friendly chat with complete strangers and share our experiences. The feeling of camaraderie is amazing. Lots of reassuring chat and encouragement.

I decide to make a bit of a run up the hill in a bid to stay warm. Now both hips are starting to hurt. At Bo Peep, its heading back towards Seaford. Running against the wind again. The way ahead is waterlogged with huge muddy puddles. No option but to run through them.

The route turns off the track and heads towards Lullington. Another runner and I negotiate a treacherous patch of mud. We both slide across it, trying not to collide with each other, both laughing as the event is becoming like an assault course. At Lullington water station, I stop for more fluids and a hot cup of coffee. By now, my hips are really hurting and starting to affect my running. I carry on and reach the "Steps of Doom". I had heard awful tales of these steps, but I didn't find them that bad. Admittedly, I did walk up them.

Heading towards Cuckmere now and a spectator calls out "Well done, Strider, are you ready for your warm welcome?". I certainly was, for across the road was the Seaford Striders water station. So uplifting to see all the smiling friendly faces and words of encouragement. I had been running for about three and half hours now. I asked how many Striders had already passed by. Four had gone by, the last one only 10 minutes before. This was great to hear. Could I finish in just under 5 hours??? It was within reach. This brought out my competitive side and spurred me on. I started to run up the hill to the cliff top.

I was now struggling with the pain in my hips and found the Seven Sisters very difficult and walked most of it. Birling Gap was in sight. I ran down towards it and spotted other Striders spectating and cheering. I can't be seen to be walking and forced myself to carry on running. Then passed the lighthouse. Back to walking again. I was aware that a sub five hour finish was slipping away ,and I felt broken. On the last hill and heading back down towards the finish line, with less than a mile to go, I turned round and saw another Strider fast approaching and looking strong. I tried to run again but only managed 200 meters.



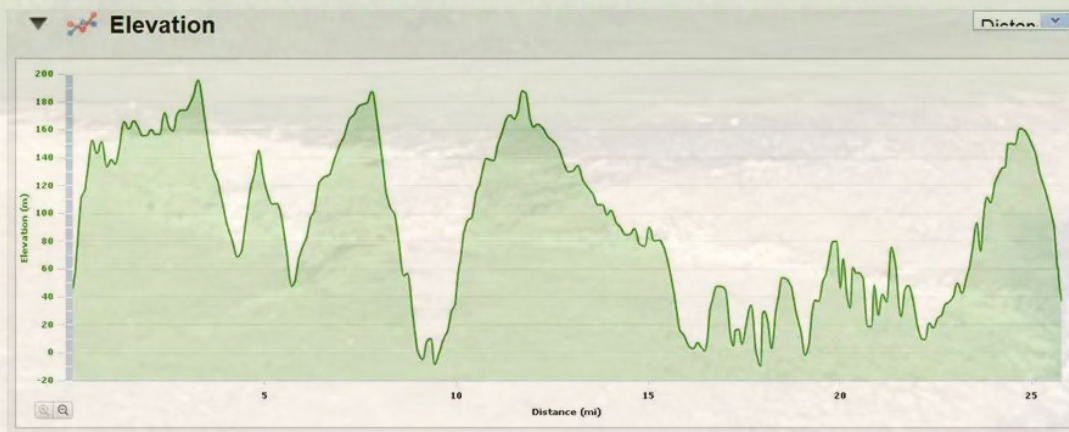
The Strider stormed past me. I called out words of support.

At last, the final steep descent to the finish line. Momentum was making me go too quickly down the hill. I was tired, and marshals were indicating to use the steps. Here is where I lost all dignity and pride as I was nearly on all fours climbing down the steps.

Two marshals helped me. I made it to the path on my own, regaining my dignity and ran across the finish line. 5hrs and 8 minutes. Hurrah, I did it and on target. What a great personal achievement despite all the pain, difficult terrain, and terrible weather. I never thought I could complete a marathon, but determination saw me through. It is a beautiful scenic route and well organised with an amazing vibe.

However, I am NEVER going to do it again...

Or will I !



Race Report

Great Manchester Half Marathon 2024 by Trevor Jones



The Great Manchester Half Marathon is directed by AJ Bell, who also do the Great North and Great South events. As with all these runs, participants and spectator numbers are high, this was no exception with the Great Manchester. People lined the streets to cheer on friends and relatives. But even Southerners like me who had our names on the number bibs, which on several occasions, encouraged a stranger to call out my name, with an inspiring message. Also there was the usual arms stretched out with sweets and not forgetting the 'Tap here for energy' boards! (I've still to puzzle out how they work!).

The day begun at 8.00am on Sunday 26th May, which was a warm up with the same instructor who done the Great South last year (he obviously gets around). After limbering up, we had to move slowly forward towards the start line and then it was off on to the roads of Manchester. It was a great way of seeing areas of the city, particularly running on main roads, which would normally be busy with traffic. The architecture of Manchester is a unique blend of old reddish brick buildings and bridges combined with modern mirror windowed tower blocks. Appropriately, the route went past the Manchester United football stadium, as they had just won the FA cup the day before.

Although there was a lot of flat running, road bridges gave runners the opportunity to have some undulating experiences. Music is also evident all around the circuit, coming from vehicles with speakers and from live bands giving runners an encouraging beat to keep going. If you enjoyed, the Great South or Great North, then I believe you will like the Great Manchester.

Sussex Grand Prix

Remaining races for 2024

Date	Event
7 July 2024	Bewl 15
17 July 2024	Phoenix 10k
22 September 20234	Hellingly 10k
6 October 2024	Lewes Downland 10 mile
20 October 2024	Hove Prom 10k
17 November 2024	Crowborough 10k

Contact Information

Contact Ollie Sprague or visit the SGP website <https://sussexgrandprix.co.uk/>

South Downs Way 100



Congratulations to Adam Haverly, Bryony Clarke and Kevin Pryde on completing the Centurion South Downs Way 100 miles Ultra. We look forward to reading a write up next in next month's newsletter.

LONGBRIDGE ♥ 100 BACKYARD ULTRA

Congratulations to James Dopson and Joel Eaton for their remarkable achievement at the Longbridge 100 Backyard Ultra. The formidable challenge was organised by Strider Darren Evans and brought together runners from all walks of life to compete in a gruelling race.

The concept of the backyard ultra is simple yet brutal: runners must complete a 4.167-mile loop within an hour, starting each new loop exactly on the hour, until only one runner remains. The course, with its 623-foot elevation, pushes runners to their physical and mental limits

James impressively completed 15 laps, showing incredible stamina and determination. Joel, with his extraordinary endurance, managed to complete 25 laps. Both earned the respect and admiration of fellow runners and marshals who all put in lengthy shifts through night and day. Spectators were united in their support for the runners, counting down to the start of each hour and cheering all the runners as they came in, some with only seconds to spare!

Russ Hewlett stepped in to crew James, staying awake all through the first night and completing the naked parkrun the next morning after no sleep. Ray crewed for his friend Jason and ended up staying until the bitter end to watch the winner be crowned, alongside Bryony who was live commenting to the WhatsApp group. Nail biting!



Seaford Striders Naked' Park Run Club Grand Prix event

Seaford Striders participated in the Seaford Beach Parkrun 'Naked' Run which challenged runners to complete the Seaford Beach Parkrun without using a watch, instead relying on their internal pacing to match their predicted times. The runner whose actual time was closest to their prediction was declared the winner.

Ralph deserves special thanks for his clever tip: using an old sock as a wrist sweatband to cover the watch. Men's Captain Jeff suggested using the wristband as a pair of open-toed socks!

Indie participated in her first ever parkrun with her mum Anneka. I'm not sure what time Indie predicted but I am sure she was faster than me, even in a baby buggy!

Martin Craddock estimated a time of 19:02, which was surprising as he is usually much quicker. Initially thought to be a tactical move, it was later revealed that he had mistakenly written down the date of Prince Andrew's birthday™ instead, potentially costing him the 20 points he was after.

Strider Spotlight

A Spotlight on Sally Mayger

By Jo Robinson

Sally is one of the most inspiring people I've met in the running community, and trust me, there are quite a few! We bonded a couple of years back when she took a bit of a nosedive on a Wednesday night run. Being the good Samaritan that I am, I jokingly offered her a beer. We understood each other's humour and we've been solid as a rock ever since.

Originally from Wales, Sally joined the Striders community on 13 April 2019, with her legendary husband Les, who ran the Brighton Marathon this year in his seventies. He completed it in a very respectable time and didn't even fall over!

Sally is a gentle soul but she's tough as nails as well. The doctors told her to stop running for health reasons, but she didn't let that stop her. Not a chance! She took up fast walking and discovered that her pace is something else. She walked the Brighton Half Marathon in just over three hours. Her feet never touched the ground.

I hadn't been running long myself when I found myself as the last runner in the Rathfinny 10K in December. Realising I still had a lap to go, Sally and Les ran that final lap with me in a hailstorm, even though they had finished the race themselves. Everyone else was hiding in their cars or had gone home. Absolute madness!

Not only is it her speed that makes Sally a legend though. What makes her truly special is her heart of gold. Sally's got compassion in spades, probably the same one she uses at the beach cleanup, making sure our coastlines stay pristine. Tidy! She's a proper eco-warrior.

Sally is a familiar face at events like the Longbridge Backyard Ultra, Beachy Head Marathon and South Downs Way, where she marshals with humour and positivity, giving the runners a boost and a couple of jelly babies along the way.

Giving back to the community means the most to Sally and supporting the WOLO Foundation, who support families in Sussex affected by cancer, is the charity closest to her heart. To find out more about WOLO visit their website: <https://wolofoundation.org/>

Saturday mornings you can find Sally and her fellow Strider friend Gill at Seaford Beach parkrun. You can't miss them, speed walking along the shore with big grins on their faces. They make it look like a right laugh.

Sally has recently been given the green light to start running again and back in the running game, ready to hit the trails. It's fantastic news and everyone is delighted for her. So here's to Sally and the new chapter of running adventures.

Although she has fired up Strava again, she has however decided to keep walking parkrun with her friend Gill on a Saturday morning. So if you see them dash right past, give them a wave.



Physical Pain, Mentally Insane

by Jen Williams

We've all heard the expression no pain, no gain. Well, I'm not really sure I gained much from being whisked off a trampoline in December, being rushed to A&E, passing out (I am not good in a crisis), and going into shock to the point where my hands froze like claws and I couldn't move them for half an hour. And that was just the initial aftermath of the reason I am never going on a trampoline ever again, let alone what was ahead for me with my running.

The first thought I had during all this commotion was 'oh my gosh, I'm not going to be able to run'. I had only started my 16 week training plan for the Brighton marathon the day before – typical!

Like many others, being a Strider has brought so much joy to my life. I joined Striders after going through such a terrible time in my personal life. I became a shell of who I was and was desperately trying to find something that could shine a light on such a difficult time. I had been involved in theatre in the past, so I tried going down that route but it wasn't making me happy. I went to an adult gymnastics session but there was only one other person in the class! Not exactly the way to make friends and expand my social life that I was hoping for! However, after to going to a couple of regular parkruns and seeing Striders in their tops, I decided to look into joining and I'll be forever grateful that I did as the void in my life was pretty much instantly filled!

Not only did I find this amazing group, but I still can't believe the progress I made with my running times. I still can't actually believe I ran my 5K PB!



So, when this disastrous ankle injury struck, like the title suggests, I was wondering how I was going to stop myself from going insane! I made sure to put in every effort with Striders that I possibly could, to avoid the feeling of isolation that can so easily come when you're out with an injury.

My top tips for how to stay involved, if nothing else, for your own sanity are:

Volunteer. I attended park run every single week to volunteer. It was actually really interesting experiencing so many different roles, and nice to give something back after running it for so long. I looked forward to seeing my running friends every Saturday and catching up with them properly for a coffee after!



Attend Strider events. Some of my friends ran Brighton to Eastbourne pier to pier marathon distance. I decided to be their half way aid station. Of course, I'd have rather been running it with them, but serving them tea in plastic flute glasses was a really great way to still feel involved. Spencer and I also attended the Equinox run, which meant a slightly later bedtime for him, and exposing him to the elements but luckily, I seem to have a hardy lad so again, it was really nice to be involved somehow. We also spectated as many races as possible.

Stay in contact. It actually goes to show how caring Striders are, because I constantly had people checking in with me -perhaps because they would still see me everywhere due to the above! But I wasn't shy to also reach out and keep in touch.



Of course, everyone is different and I know some people would rather distance themselves when they're injured because it can be too painful to see what they're missing out on. But, if anyone is starting to feel lonely and isolated due to lack of running, then maybe give these tips a go to see if they help.

So let's raise a cup of tea to this amazing running club, amazing people, I hope we all stay injury-free but my main piece of advice after harping on for this long is to stay away from trampolines! (Sorry Ray)



Meet the Welfare Officers



Hi! We wanted to introduce ourselves as the new Striders' Welfare Officers. We are Kate Parkinson, Tristan Daynes and Emily Danvers. You can contact us at welfare@seafordstriders.org.uk or approach us individually.

Our role as Welfare Officers is to ensure we, as Striders' senior and junior members, have a positive experience at the club. We are also there to support the committee around safeguarding and to manage and report any concerns around children or adults at risk.

The Welfare Officer role is basically about being there for members should they have any concerns, small or large.

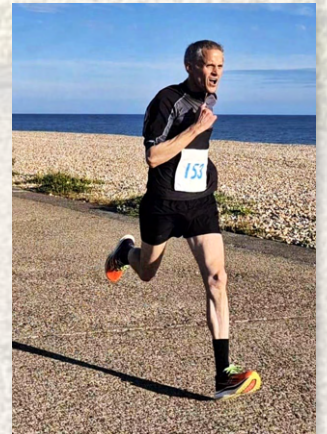
If something happens that makes you feel uncomfortable, please contact any of us for assistance, so we can deal with your concerns sensitively and promptly.



Summer Solstice



The Summer Solstice run was a fantastic celebration with runners in both the 2.5K and 5K races. The organisers, volunteers and runners, along with the barbecue and sunshine, made it a memorable Striders event. 82 adults and 28 juniors took part along with a host of other Striders helping. Photos by Ralph below.



Junior Striders

Meet the next generation of Striders

Junior Striders meets every week at The Salts Recreation Ground on Tuesdays at 6pm.

Our focus is on running games and having fun! We currently have 72 Juniors organised into four groups from school Years 1-7+ who meet on the grass, plus our 'Roadies', aged 12+ who train both at the Salts as well as on road runs.

Junior Striders is run entirely by volunteers - the sessions are so popular that the majority of our grass groups are nearing their maximum capacity of 20 Juniors per group.

Our plans for this summer include an end of term Junior Sports Day session and regular parkrun meet ups to encourage members to keep running over the summer holidays.

Although we are near capacity with Junior memberships, we cannot run Junior Striders without our committed team of volunteers. Even if you can only offer a couple of sessions per month, please contact Emily Danvers at danversemily@gmail.com to find out more about what we do and how you can help.

Junior Striders wouldn't be possible without the help of:

Emily Danvers, Darren Evans, Julie Taylor, Fawzia Whittuck, Emily Farley, Matt Winton, Sara Baitup, Stacey Pollard, Marie Marfleet, Sophie Browne, Simon Homer, Alan Browne, Colin Browne, Katherine Simmons, Billy Moakes and Phill Stevenson.

A special thanks goes to: Darren Evans for being the Junior Head Coach! He is moving on to new adventures and stepping down but we appreciate all the time he has given the athletes, coaches, and the club.



Junior Run Reports

KidstriUK Worthing Charity Duathlon by Kitty Winton

"I've recently competed in a Duathlon. It was organised by a company called Hedgehog Tri. These are set up specifically for kids. They start off with beginners duathlon and triathlons for 8 year olds and moving up to older kids who have progressed and become much more competitive."

"I am now in Tristart 1. This is slightly harder with the distances increasing from last year. I ran 1.2km then 2km riding followed by 400m running. I really loved the event but didn't feel I ran my best."

"I am looking forward to the next event which is a triathlon. So this will be swimming, riding and running. I would really encourage other kids to try these as they're great fun and the event is really exciting!"



Pictured: another medal for Kitty's collection!

MacTuff Really Muddy South East by Ella Baitup

"Me and my family did a mud run and it was so fun but we got very muddy! We ran 4k and we all got stuck in the mud, my mum got stuck the most then me!"

It was so much fun. I want to do it next year!"

Pictured: Ella and Tommy get stuck in the mud!



Where's Julie?

Julie Taylor is known for being everywhere - at the track, juniors, C25K, parkrun or popping out of nowhere to cheer us on. This newsletter is no different. Hidden somewhere within these pages is a tiny Julie Taylor waiting to be found.

Answer will be revealed in the next edition!



How Many Flamingos?

Can you guess how many flamingos are on Ray's outfit from the Summer Solstice run?

Thank you for the idea Kitty



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.

Josh Nosbott was known throughout Seaford as a gifted runner. With a lean, muscular build and an effortless stride, he dominated every local race. But lately, something had changed. Despite his natural talent, his times had plateaued, and his coach, Philll, had noticed the difference.

"Josh, we need to talk," Philll said one afternoon after a particularly sluggish training session. "Your times are slipping. What's going on?" Josh shrugged, trying to hide his frustration. "I don't know, Philll. I've been training as hard as ever."

Philll frowned, not convinced. "There has to be something distracting you."

Josh hesitated before admitting, "I've been playing a lot of golf at the weekends. It's my way to unwind."

Philll raised an eyebrow. "Golf? That's a pretty different type of workout."

"Yeah," Josh laughed. "But it's relaxing. Helps me clear my head."

Philll nodded slowly. "I get that. But maybe it's affecting your running more than you think. Let's see if we can find a balance."

Determined to prove Philll wrong, Josh decided to stick to his routine. His weekdays were dedicated to running, and his weekends were spent on the golf course, swinging clubs instead of pounding the pavement.

One Saturday, Josh found himself on the 18th hole of Seaford Country Club, lining up a tricky putt. He had become quite the golfer, and his competitive nature meant he took every game seriously. As he sank the putt, he felt a rush of triumph. But as he walked off the green, he noticed a familiar face watching him from the clubhouse.

"Philll?" Josh called out, surprised.

Philll walked over, hands in his pockets. "I thought I'd see what all the fuss was about."

Josh chuckled. "Not bad, huh? I've improved a lot."

Philll smiled. "You certainly have. But I think we need to talk about how this is impacting your running."

Josh sighed. "I know, I know. But golf helps me relax."

I get that," Philll said. "But it's also taking a toll on your legs and your overall performance. You're using muscles differently, and it's not giving you the rest you need for running."

Josh thought about it and realised Philll had a point. He had noticed his legs feeling heavier during his runs, and his usual lightness on his feet had been missing.

"Okay, Coach," Josh said reluctantly. "What do you suggest?"

Philll grinned. "Let's find a compromise. Golf is fine, but maybe limit it to one round on Sunday afternoons. That way, you have Saturday to rest and recover, and Sunday mornings can still be for a light run."

Josh nodded, seeing the sense in Philll's words. "Deal."

Over the next few weeks, Josh followed Philll's advice. He cut back on his golf games, focusing more on his recovery and training balance. To his relief, his running times began to improve again. He felt lighter, faster, and more in control.

One Sunday afternoon, after a satisfying round of golf, Josh laced up his running shoes and went for a relaxed jog. He realised he could enjoy both sports without compromising his performance. It was all about balance.

At the next big race in Rye, Josh stood at the starting line, feeling confident and ready. The gun fired, and he took off, his legs feeling strong and responsive. He crossed the finish line with a personal best, much to Philll's delight. As he caught his breath, Philll approached, clapping him on the back. "Great job, Josh! Looks like you found your balance."

Josh grinned. "Yeah, thanks to you, Coach. Golf is still my weekend escape, but running is where my heart is."

And so, Josh Nosbott continued to dominate the Seaford races, proving that with the right balance, he could excel at both running and golf.

Couch to 5K Graduation



Congratulations to Seaford Striders' latest Couch to 5K (C25K) group, who celebrated their graduation by running Seaford Beach Parkrun. The event was the culmination of nine weeks of training, taking the group from walking to a non-stop 5km run. Their dedication and hard work paid off. The Couch to 5K group were joined on the parkrun by Striders volunteers. Couch to 5K was expertly organised by Steven Teale who led the stretches each week as well as being a run leader alongside Jeanette, and Leanne.

Graduates of the C25k programme have since joined Seaford Striders and attended Introduction to Track with Margaret this month.

Intro to Track Night

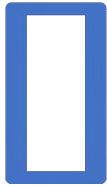
Striders gathered at the Lewes Leisure Centre track for our much-anticipated Intro to Track Night. Led by the inspiring Margaret, the session offered a unique opportunity for newcomers to explore the benefits of track training in a relaxed and welcoming environment.

The goal was to demystify the track sessions, making them accessible and enjoyable for all participants. Runners received a comprehensive introduction to track training, including techniques, pacing, and the distinct advantages of track workouts.

Seaford Striders welcomes runners of all abilities, from social runners to competitive athletes, ensuring everyone finds value and enjoyment in their training.

Track sessions, led by our qualified Coaches and Run Leaders, provide an excellent opportunity for runners to improve their technique, build endurance, and gauge their progress in a supportive and safe setting. We look forward to seeing even more Striders at our next track session.





Endurance Training Unleashed: The Marathon of Benefits

Joel Eaton



This article delves into an important aspect of running that can significantly elevate your performance: Lactate Threshold, or more simply, threshold training.

A staple session at track night, threshold training helps build your endurance base, without the need for running huge distances, and it can seriously improve your race times, from 5K all the way up to ultra-marathons.

Understanding your threshold and incorporating it into your training regimen can make a world of difference, helping you run faster and longer with less fatigue. Let's start by defining LT, exploring its benefits, and then discuss how to estimate it based on your 5k or 10k times.

Understanding lactate threshold (LT)

Lactate Threshold, also often referred to as the anaerobic or threshold pace, is the intensity at which your body begins to produce lactic acid faster than it can clear it away. It's the point where you transition from sustainable, steady-state running to a more anaerobic, fatiguing effort. Put simply, it's the point where the wheels start to come off!

Training at or near this pace can help push that threshold higher, which means you can run faster at a lower level of effort.

The benefits of threshold training:

1. **Improved endurance.** Training at your threshold increases your ability to sustain a faster pace for a longer duration.
2. **Enhanced speed.** As your threshold pace increases, so does your ability to run faster without accumulating excessive lactic acid.
3. **Reduced fatigue:** By raising your threshold, you'll experience less fatigue at higher speeds, making it easier to maintain your race pace.
4. **Optimised training:** Tailoring your workouts to your threshold ensures that you're training at the right intensity for your goals.

Estimating your threshold pace:

A simple way to estimate your threshold pace is to add approximately 20 to 30 seconds per mile to your 10k race pace. Here's how it works:

1. Calculate your 10k pace. Determine your per-mile pace for a recent 10k race. For example, if you completed a 10k in 50 minutes, your per-mile pace is 8 minutes per mile.
2. Estimate your threshold pace. To estimate your threshold pace, add 20 to 30 seconds per mile to your 10k pace. In the case of an 8-minute per mile 10k pace, your estimated threshold pace would be around 8 minutes and 20-30 seconds per mile.

This simple formula provides a quick and relatively accurate way to estimate your threshold pace based on your 10k performance. Remember that individual variation may apply, so consider fine-tuning your estimation as you gain more experience with your threshold training.

Threshold training sessions for different abilities:

1. For Beginners: "Steady State Runs"

- Warm up with an easy jog.
- Run at your estimated threshold pace for 10-15 minutes.
- Cool down with an easy jog.
- As you progress, increase the duration of your LT-paced run.

2. For Intermediate Runners: "Progressive Long Run"

- Begin with a comfortable pace.
- Gradually increase your pace to your estimated threshold pace during the middle portion of your long run.
- Finish the run at an easy pace.
- Over time, extend the threshold-paced section of your long run.

3. For Advanced Runners: "Intervals at LT"

- Warm up with an easy jog.
- Perform intervals of 4-6 minutes at your estimated LT pace.
- Recover with a 2-3 minute jog.
- Repeat intervals 4-6 times.
- Cool down with an easy jog.

By integrating threshold training into your routine, you'll be better equipped to reach your running goals and push your limits. It's not about running harder but running smarter. Your body will thank you, and you'll see the results on race day!

Club Grand Prix

Remaining races for 2024

Date	Event	Criteria
7 July 2024	Bowl 15	Fastest Time
July 2024	Run as close to 30 mins	TBC
19 August 2024	13 The Hard Way	Fastest Time
25 August 2024	Arundel 10K	Fastest Time
8 September 2024	Bacchus Wine 10K/Half Marathon	Fastest Time
21 September 2024	Eastbourne Parkrun	Age Graded
5 October 2024	Uckfield Parkrun	Age Graded
20 October 2024	Great South Run	Fastest Time
2 November 2024	Bevendean Down Parkrun	Age Graded
24 November 2024	Crowborough 10K	Fastest Time
November 2024	Cross Country	TBC
7 December 2024	East Brighton Parkrun	Age Graded
December 2024	Virtual Mince Pie 10	Fastest Time

What is the Club Grand Prix?

The Club Grand Prix is a fun and friendly competition that runs throughout the calendar year, allowing club members to participate and engage with each other.

Who is the Club Grand Prix for?

It's designed for anyone who wants to be involved, regardless of their speed or running ability.

Who can i contact about the Club Grand Prix?

For any questions or further information about the Club Grand Prix, contact Ollie Sprague.



London to Brighton Bike Ride

British Heart Foundation: London to Brighton Bike Ride 2024 Report by Richard Preece

The British Heart Foundation (BHF) is a long-established charity. As a former Cardiac Nurse at the Royal Sussex County Hospital, Brighton. I can vouch for the tremendous work it does in raising funds for patients and supporting research to make all our lives better. The London to Brighton started in 1976 and has become an iconic event which raises millions of pounds for the charity. The event happens on every Father's Day. In 2024 approximately 12,000 people took part.



Before I joined Seaford Striders, I had participated in cycling at this event twice before and really enjoyed it. Last year I reached out to the club, to see if anyone would be interested in joining me and two of my non Striders friends in a relaxed, social London to Brighton bike ride. To my surprise a few did. Some had also done the ride before and for others it was a challenge that they would like to do. From my initial enquiry to the day of the ride was almost a year in the planning. As team captain I needed to confirm who was in the team. This was easy to put together. Team members were Jeff, Ralph, Fabian, Jen, myself, and my two friends Lynn and Charlie. (7 of us). Next was a Team name. There was plenty of suggestions, some unprintable here, LOL. With the power of a WhatsApp poll The Skid Marks won the vote. (I will leave you to guess who came up with that name). This year to apply you needed to enter a ballot. At the time of applying, you can donate as well. We did this in July 2023 and by September 2023 we were all confirmed that our Ballot was successful. The Skid Marks were now officially taking part. In January 2024, we booked

our travel ticket through BHF, which were organising transport from Brighton to London.



As runners we all had lots of different running events that we were training for, this left little time for cycling. As we entered 2024, I organised a couple of get togethers as not everyone knew each other. Not everyone was able to make them all. However, on one occasion Ralph and I met with Lynn and Charlie, plus another friend of mine. We cycled to Stanmer Park and chatted at the café there. Later, Ralph my other friend and I cycled around the woods and admired the amazing display of Bluebells. On our way back home, while cycling off road, Ralph met with disaster. He hit a pothole (Which the rest of us managed to avoid) and was thrown off his bike and severely injured his shoulder. Therefore, that ended Ralph's plan for the London to Brighton. (Plus, other running events). Luckily Jen's boyfriend Ben took his place.



Countdown to the big day seemed to be going at pace. Through the post we received our place number (which is chipped) to attach to our bikes and helmets. Our start time from London was given to us. A 07.30 start. This meant that we would have to leave Brighton by 05:30. It was all starting to feel that it was actual going to happen. Two days left to go and OH NO! Charlie had hurt his knee and wasn't fit to cycle. His partner Lynn (being very devoted) didn't want to cycle without him. We reached out to other striders to see if anyone could take their place. Nick Farley was able to step in, which was great news. He quickly went round to Lynn and Charlie's home and collected a ticket and event number. The day before the ride, I was at Peacehaven Parkrun and talking to a regular Parkrun runner, Stephen Tully. He said that he was also taking part on the bike ride and was doing it on his own. I invited him to join our team which he accepted.

Everyone was ready to meet at Madeira Drive, Brighton at 05:00 to catch the coach up to London. Alarm clocks set to stupid o'clock. We woke to see a message on the WhatsApp group chat that Fabian, unfortunately, couldn't make it. It was now just the 6 of us.

Jeff, Stephen and I cycled from Peacehaven against a very strong head wind to our meeting point. Our bikes were loaded onto a large articulated lorry with many others. We boarded the coach and like the big kids that we are sat on the back seat. Two coaches to one lorry and we make our way up North to the big city. Ominous black rain clouds were in the sky but there is a glimmer of hope as the sun broke through the cloud. Hour and half later and we arrive at Clapham Common. Scramble to collect our bikes from the back of the lorry and make our way across the common to the start line.

A quick photo opportunity before we start. To see so many people on bicycles in one place is truly a sight to behold. Due to the large volume of cyclists, we walk across the start line. Strava activated, after all if it's not on Strava it didn't happen. And we are off.

We have a team plan, that we would stop at every official checkpoint to regroup as we are bound to get separated. We make our way through the busy streets of South London. The Marshalls do a fabulous job directing traffic and keeping us safe. Commercial London soon becomes Suburbia and before we know it, we are 10 miles in and at the first checkpoint. All good as far.

Onwards and now through the country roads of Surrey and the North Downs. Under the M25 and some minor inclines along the narrow country roads. Even though there were some inclines and people walking, Team Skid Marks managed these with ease. For those of us

who had done this event before, the roads seem less congested with cyclists than previous years.

The great thing about the London to Brighton is that it



attracts so many different people and types of bikes. Middle aged men in Lycra, the super keen road cyclist, the Sunday afternoon leisure rider. There are racing bikes, mountain bikes, hybrids, E-Bikes, fold up city bikes, and tandems. We spotted an Ice-cream sales bike, (A bike with a fridge on the front) even had its parasol open.

As we whizz through the countryside and small villages, people are out applauding. Start to notice low flying passenger jet aircraft in the sky. A sure sign that we are near Gatwick and over halfway through. Continuing through the beautiful Sussex Countryside and now climbing up Turners Hill. As always music playing at the top of the village. Speedy downhills and around the picturesque Duck Pond at Lindfield. Another hill climb into Haywards Heath, through the town centre and to our final check point.

Team skid Marks are feeling and being awesome. All that is left to conquer is the Beast that is Ditchling Beacon. This is the longest and highest hill climb of the whole route. The anticipation of the challenge is palpable. Could we do it? For me it had been 5 years since I last cycled up it. Did I still have the power in my legs?? We had a plan. Easy cycle into and through Ditchling Village. Then each of us would go at our own pace up the Beast. Then regroup once over the top and a bit beyond.



There were still hundreds of cyclists streaming along the route as we got to the bottom of the Beacon. Many had started to walk already. And so, the ascent begins. Low gears and pedal. Being on the North side of the hill there was no cooling breeze, the sun was shining and feeling warm. The shade from the trees helped to prevent getting too hot. The road twists and turns as it snakes its way to the top. I carry on peddling while a few others stop and walk. I have learnt the landmarks so I can gage how much further there is to go. There is a road sign that says "Horses Crossing" once I see that I know there is about another 50 meters left to the summit. WE DID IT. First Jeff then Ben, Jen, myself, Stephen, and Nick. All feeling like Superheroes as we had beat the Beast.

The rest is plain sailing as we head back into a windy Brighton. We regroup again at the Pier. Masses of spectators cheering all those taking part. The atmosphere is brilliant. Team Skid Marks cross the finish line together, elated, super proud of our achievements and delighted to collect our finishers medal.

Well done Team Skid Marks, it was an honour to be your Captain.

That was our journey. We all had an enjoyable day to remember. No one was left behind, no punctures, no accidents, and no rain. Congratulations to the other striders who also took part. (Justine, Stacy, Sara)

Anyone want to do it next year?

What's Your Favourite Running Quote?

"Outside your comfort zone is where the magic is." [Ralph Jennings](#),

"Run, Darling!.. There's booze at the finish line" [Jo Robinson](#)



Gallery



Contact Us

Striders: Your Newsletter Needs You!

We're always looking for submissions – and suggestions - for our newsletter.

Striders is made up of members of all abilities and running levels. From Juniors, Couch to 5k graduates to seasoned ultramarathoners, it's this mix of personalities and experience that makes Striders the thriving, energetic community that it is.

Our mission is to reflect all of these different voices and Strider stories within our newsletter. We'd love to hear your run-related tales, tips, or thoughts from across the Club. Remember, what you write can really inspire others on their running journeys.

Stuck for words? Here are a few thoughts to get your ideas off the starting line...

I'm just not into races

We don't just run, we also have fun. And just to add, we don't just race either...

You can write about your experience of being a Strider, a memorable Wednesday Night Striders run, a favourite route; a Striders social event, review a running book you've just read, share your running playlist or podcasts, or a recipe for your favourite post-run treat. The possibilities, as they say, are endless...

Distance isn't everything

Any distance is valid! Sharing your experience can help inspire others to take part or progress their own, personal running journey. You might have just completed your first 5k, ventured further afield for some parkrun tourism, or added some bounce at an inflatable race.

Neither is article length

Don't have time to write a long detailed piece? No problem! Share your experiences in a short summary piece. Just remember to include the name of the run, race, or event and anyone you completed it with, together with any challenging aspects and why this run was important or memorable for you.

Take a bite-sized approach

Instead of writing text as one block, break it down by using headings or questions, followed by a short explanation...

For example: 'What I love best about Seaford parkrun'... Seaford parkrun usually has a very high Strider turnout, both in terms of runners and marshals/volunteers. All of that waving and cheering at all those friendly faces helps distract me from the out and back running bit!

A picture tells a thousand words

Or so the saying goes.... Have you taken a photo that really captures a Striders' experience or moment? Why not submit it to the newsletter, together with a few words about it and why it is important to you? Do please ask the permission of any other Striders in the photo first.

You can cut and paste your text into the main body of the email or submit your article in Word. Please supply pictures in .jpg or .png format.

Credit to Katherine Simmons.

**Deadline for next
issue 24 July**

**Contact Jo
jojor73@hotmail.com**